Tummy Bear Entertains

Calvary Assembly of God Missionettes

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Missionettes Code

"Whatsoever things are true,
Whatsoever things are honest,
Whatsoever things are just,
Whatsoever things are pure,
Whatsoever things are lovely,
Whatsoever things are of good report;
If there be any virtue,
And if there by any praise,
Think on these things."

—Philippians 4:8

Emblem

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4446 Parktowne
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Pastor: Morris Hunt

Schedule of services:

Sunday School	9:15 a.m.
Morning Worship	10:15 a.m.
Hour of Praise	6:00 p.m.
Wednesday Family Night	7:00 p.m.

(Youth, Royal Rangers, Missionettes, Adult Bible Study)

Dedication & Expression of Appreciation

The Missionettes at Calvary Assembly of God would like to dedicate this book to the furtherance of God's kingdom. Our purpose is to help girls find their place in the local church, make career choices, and became good homemakers. We are a new church and are endeavoring to reach our community for Christ through the Missionette program.

We would like to express our appreciation to all those who helped in the preparation of this book, and to all those involved in the sale and purchase of this book. We are thankful for every contribution and pray that the recipes will be prepared by loving hands and eaten with thankful hearts. A special thanks to our church family at Calvary Assembly of God for supporting us in our efforts.

A Love Cake For Mother

1 can obedience
Several pounds of affection
1 pint of neatness
Some holiday, birthday, and every day surprises
1 cup running errands
1 box powdered get up (when I should, willing brand)
1 bottle keep sunny all day long
1 can pure thoughtfulness

Mix well and bake in a hearty warm oven and serve to "**Mother**" every day. She ought to have it in big slices.

Dolly Vogel

Where To Look In The Bible

Afraid . . . . . Psa. 34:4, Matt. 10:28
Angry . . . . . Matt. 5:9, 22
Anxious . . . . . Psa. 46, Matt. 6:19-34, Phil. 4:6
Blue . . . . . Psa. 34
Bored . . . . . Psa. 104:23, 33, 34
Bereaved . . . . . Matt. 5:4, II Cor. 1:3, 4
Depressed . . . . . Psa. 34
Discouraged . . . . . Isa. 40, Psa. 23, Matt. 5:11, 12, II Cor. 4:8-18
Faith Fails . . . . . Matt. 8:26, Heb. 11
Friend Fails You . . . . . Psa. 41:9-13, Psa. 27, Luke 17:3, 4
God Seems Distant . . . . . Psa. 139
Growing Old . . . . . Psa. 71
In Danger . . . . . Psa. 91, Psa. 118:5, 6
Jealous . . . . . Jas. 3:13-18
Life Seems Empty . . . . . John 15
Need Companionship . . . . . Psa. 23, Heb. 13:5, 6
Needing Guidance . . . . . Psa. 32:8, Prov. 3:5, 6
Prayerful . . . . . Psa. 4, Psa. 42, Luke 11:1-13
Sick or in Pain . . . . . Psa. 38, Matt. 26:39, Rom. 5:3-5, II Cor. 12:9, 10
Sleepless . . . . . Psa. 4:4-8
Sorrowful . . . . . Psa. 51, John 14, Matt. 5:4, II Cor. 1:3, 4
Tempted . . . . . Psa. 1, Matt. 26:41, I Cor. 10:12-14, Phil. 4:8
Thankful . . . . . Psa. 100, I Thes. 5:18, Heb. 13-15
Worried . . . . . Matt. 6:19-34, I Peter 5:6, 7
You Feel Cheated . . . . . Psa. 103
You Need Forgiveness . . . . . Psa. 51

Recipe For A Happy Family

1 husband
1 wife
Children - 1 Bible for each
1 home
Generous portion of prayer
3 c. love (firmly packed)
1 pkg. work
1 pkg. playing together
1 portion patience
1 portion understanding
1 portion forgiveness
1 sm. paddle
1 c. kisses

Mix thoroughly and sprinkle with awareness. Bake in moderate oven of everyday life, using as fuel all the grudges and past unpleasantness. Cool. Turn out onto a platter of cheerfulness. Garnish with tear and laughter in large helpings. Serve God and country and community.

Table of Contents

Appetizers & Beverages..... 1-6

Soups, Salads & Vegetables..... 7-20

Main Dishes & Casseroles..... 21-26

Meat, Poultry & Seafood..... 27-34

Breads & Rolls..... 35-38

Pies, Pastry & Desserts..... 39-44

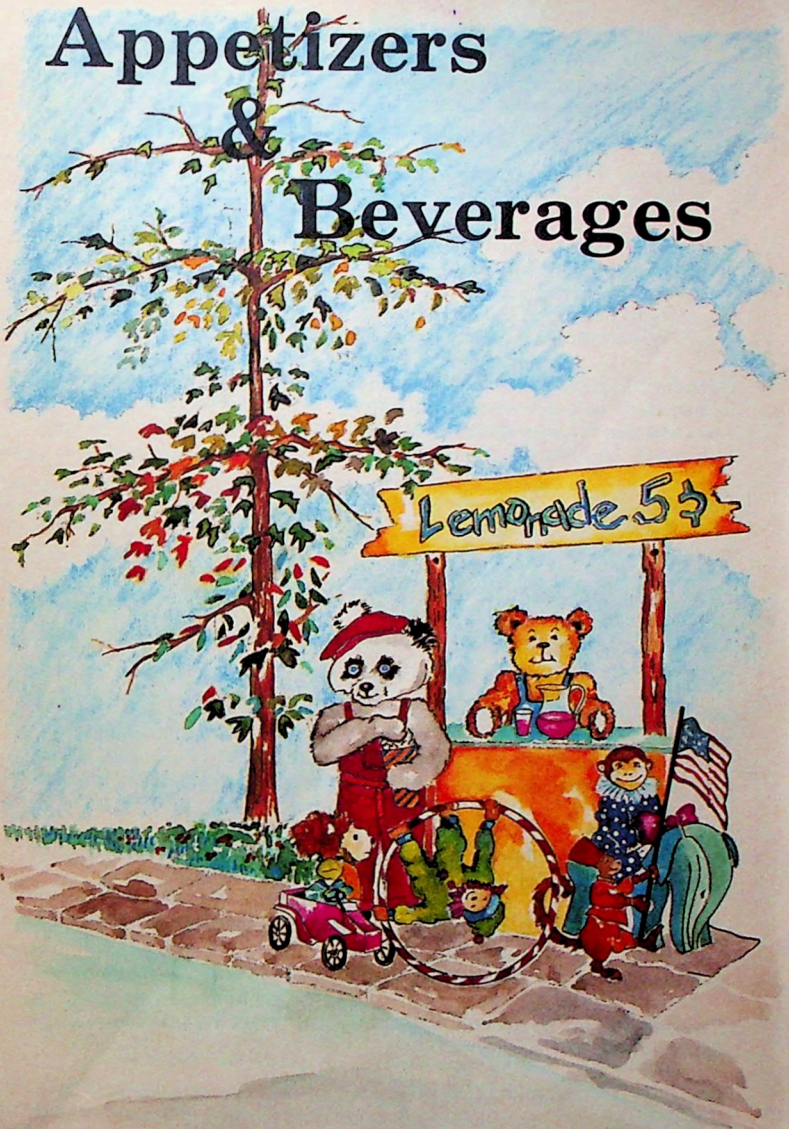
Cakes, Cookies & Candy..... 45-67

This & That..... 63-66

Index

Hint Pages

Appetizers & Beverages



Party Pleasers

You won't need sugar with your tea if you drink Jasmine tea or the lighter-bodied varieties like Formosa Oolong, which have their own natural sweetness. They are fine for sugarless iced tea, too.

Calorie-free club soda adds sparkle to iced fruit juices, makes them go further, reducing calories per portion.

Substitute half-and-half for light cream, you'll save 10 calories a tablespoon. 80 per half cup.

Most diets call for 8 ounces of milk, 4 ounces of fruit juice. Check your glassware. Having the exact size glass prevents overpouring.

Surprise! If you sweeten breakfast cereal with sugar, you may want to switch it to a pre-sweetened variety. Ounce for ounce, plain and pre-sweetened have about the same calories, so you save by not having to add sugar.

Seeds and nuts, both shelled and unshelled, keep best and longest when stored in the freezer. Nuts in the shell crack more easily when frozen. Nuts and seeds can be used directly from the freezer.

Always chill juices or sodas before adding to recipe.

When milk is slightly soured, add a pinch of soda and it can be used as fresh milk.

When possible, float blocks of ice in punch rather than ice cubes. This not only is more decorative, but also inhibits melting and diluting.

Try placing fresh or dried mint in the bottom of hot chocolate for a zesty taste.

One lemon yields about ¼ cup juice; one orange yields about ⅓ cup juice--this is helpful in making fresh orangeade or lemonade!

Never boil coffee; it brings out the acid and causes a bitter taste.

Store coffee in the refrigerator or freezer to retain the fresh flavor.

Cheeses should be served at room temperature (approximately 70 degrees).

When serving hors d' oeuvres on a silver tray, you may wish to protect it from acids by covering it with a layer of leafy green lettuce.

One quart of soup yields about six servings, unless it is the main course.

APPETIZERS & BEVERAGES

SNACK OYSTER CRACKERS

Kathy Forster

1 c. Crisco
1 tsp. dill
1/2 tsp. garlic powder
1 pkg. Ranch Original salad dressing
2 (12-oz.) pkgs. oyster crackers

Mix Crisco, dill, garlic powder and dressing together. Mix until well blended. Pour over oyster crackers. Stir until well coated. Let stand for at least 1 hour in an airtight container.

TINY MEATBALLS

Regina Buenaga

1 lb. lean ground beef
1/2 lb. ground pork
1 sm. onion, finely minced
1 c. milk
1 egg, lightly beaten
1 c. dry bread crumbs
1 tsp. salt
1/4 tsp. pepper
1/4 tsp. ground allspice
2 tsp. soy sauce

Preheat oven to 350°. In large mixing bowl, combine ingredients and blend well. Form into small balls about 1 inch in diameter. Arrange meatballs 1 inch apart on a cookie sheet. Bake about 20-25 minutes. Turn meatballs half-way through cooking time. Place in chafing dish to keep hot. Serve hot. Use toothpicks to spear meatballs and dunk in Curry Dipper. Makes about 60 meatballs.

Curry Dipper:

1 (10 3/4-oz.) can cream of mushroom soup, undiluted
1 1/2 tsp. curry powder
1 clove garlic, minced
1 tsp. lemon juice

Stir all ingredients together until well mixed. Cook until hot. Serve hot with Tiny Meatballs. Makes 1 1/4 cups.

STUFFED MUSHROOMS (Appetizer)

Rhonda Lucks

1 lb. fresh mushrooms
1/4 c. butter or oleo
1/4 tsp. garlic powder or 1/8 tsp. garlic, minced
1 (8-oz.) pkg. cream cheese, softened

In large skillet, saute mushrooms in butter and garlic. It's important to remove stems; use caps only. Saute for 1 minute until caps are tender. Remove from heat and fill mushroom caps with softened cream cheese. Be sure to drain caps of butter before filling them or they will be very greasy. Makes a great appetizer.

WALKING TACO DIP

Dolly Vogel

1 can spicy refried beans
1 1/2 tsp. green taco sauce
2 containers avocado dip
2 avocados, diced
1 container sour cream
3 long green onions, diced
2 tomatoes, diced
Mild cheddar cheese, grated

Combine first 2 ingredients and spread in a 9 x 13-inch pan. Layer remaining ingredients in order. Serve with chips.

RYE BREAD DIP

Charlane Hunt

1 1/2 c. real mayonnaise
1 1/2 c. sour cream
2 T. Beau Monde
2 T. parsley flakes
2 T. onion chips
1 tsp. dill seed

Mix together. Chill and serve with rye bread.

FRENCH DIP

Charlotte Beatty

7-8 oz. marshmallow creme
8 oz. cream cheese
1/4 orange, grated
1/8 tsp. ginger

Mix together. Chill and serve with different fruits, cut up.

CHEESE BALL

Nancy Simpson

2 pkgs. cream cheese
2 pkgs. Buddig meat (dried beef)
1/4 c. scallion tops, chopped
1 T. Worcestershire sauce
1 T. Accent

Let cream cheese get to room temperature. Chop meat into small pieces. Combine all ingredients and form into a ball. Wrap in a piece of Saran Wrap and refrigerate until firm. Serve with crackers on the side.

CHEESE ROLL

Charlotte Beatty

1 (2-lb.) box Velveeta cheese
8 oz. cream cheese
1 c. pecans
1/2 tsp. garlic powder
Chili powder
Crackers

Have cheese at room temperature; blend well. Add garlic powder and pecans. Mix thoroughly and roll in chili powder. Serve at room temperature with crackers.

SPINACH DIP

Sandy Whittington
Jody Hackworth

1 pkg. frozen spinach, chopped, thawed, drained and with excess liquid squeezed out*
1 can water chestnuts, finely chopped
1 pkg. dry instant Spring Vegetable soup (Knorr is better but Lipton works too)
1 sm. onion, finely chopped
1 c. sour cream (I use 1 1/2 c.)
1 c. Hellmann's mayonnaise (I use 1/2 c.)

Mix and let sit overnight. ***Note:** Boil spinach instead of thawing.

CRISPY MUSTARD CHICKEN STRIPS

Jennifer Merry

4 chicken breast halves, boned and skinned
1 c. lowfat buttermilk
1 tsp. Dijon mustard
1 tsp. lemon juice
1/4 tsp. pepper
2 c. cornflake crumbs

Cut each chicken breasts into 5-6 strips; set aside. In a small bowl, combine buttermilk, mustard, lemon juice and pepper. Place crushed cereal on sheet of waxed paper. Dip each chicken strip into buttermilk mixture, then coat (roll) in cornflake crumbs. Place strips on baking sheet. Bake in 375° oven for 20-25 minutes or until golden brown. Makes 20-24 appetizers. For a side sauce, try regular mustard mixed with Cajun red pepper sauce to taste. Honey, barbecue sauce or sweet and sour sauce may also be used.

TUNA PATE

Sandy Whittington

2 (6 1/2-oz.) cans tuna, oil packed
1 (8-oz.) pkg. cream cheese
1 T. onion flakes
1 T. parsley flakes
2 T. chili sauce

Mix ingredients. Refrigerate overnight. Garnish with additional parsley flakes. Serve on crackers.

BARBECUED LI'L SMOKIES

Jody Hackworth

1-2 pkgs. Little Smokies, without cheese
1 sm. or med. jar Open Pit barbecue sauce

Put Smokies in electric skillet turned on low heat. Pour barbecue sauce over Smokies until covered. Stir occasionally. May be heated on higher temperature until hot, then turn heat to low. Serve with toothpicks.

QUICK CHICKEN PATE

Ruth Goodson

2 c. chicken, cooked and chopped
1/2 c. celery, sliced
2 T. mayonnaise or salad dressing
1 tsp. lemon juice
3 sprigs parsley
1/4 tsp. salt
1/4 tsp. ground nutmeg
1/2 c. toasted almonds, finely chopped
Crackers or party rye bread

Combine chicken, celery, mayonnaise or salad dressing, lemon juice, parsley, salt, nutmeg and a dash of pepper. Process mixture half at a time in blender or container until nearly smooth, or process chicken mixture all at once in food processor bowl. Shape mixture into a ball. Cover and chill. At serving time, roll ball in toasted almonds. Serve with crackers or on rye bread. Makes 2 cups.

BANANA PUNCH

Annette Easter

4 c. sugar
1 (16-oz.) can frozen orange juice
1 (46-oz.) can pineapple juice
2 lemons
5 med. bananas
1 qt. ginger ale

Boil sugar in 4 cups water for 3 minutes. Set aside to cool. Mix orange juice, pineapple juice and juice of 2 lemons. Mash bananas and add to first mixture. Pour into a 1/2-gallon container. Freeze 30 minutes before serving. Put into punch bowl and mash. When ready to serve, add 1 quart ginger ale into each 1/2 gallon of punch. Serves 25.

WASSEL DRINK

Nelda Dasal

1/2 gal. apple cider
1 pt. cranberry juice
3/4 c. sugar
2 sticks cinnamon
1 orange
Whole cloves

Mix first 4 ingredients. Cover orange with cloves and drop into drink mixture. Cook on high for 1 hour in crockpot. Turn to low for 6-8 hours.

PARTY PUNCH

Midge Hamlett

2 (12-oz.) cans frozen orange juice
2 (46-oz.) cans pineapple juice
2 qts. ReaLemon juice
3 c. sugar
3 qts. white soda
1 qt. lemon or orange sherbet

Mix fruit juices, sugar and water to equal 3 gallons. Store in gallon jugs for ease in refrigerating. Can be made a day ahead. At time of serving, add 1 quart white soda to each gallon. For additional flavor and color, spoon teaspoon-sized chunks of sherbet into each gallon and let float on top of punch bowl. Yield: 100 servings.

EVERGREEN PUNCH

Freida Nunley

2 c. sugar
2 qts. water
2 pkgs. lemon-lime Kool-Aid
1 (46-oz.) can pineapple juice
1 qt. ginger ale

Dissolve sugar in water. Cool. Mix Kool-Aid, pineapple juice, sugar, water and ginger ale. Serve over ice. Yield: 24 servings.

RUBY RED PUNCH

Dorothy Ryan

1 pkg. raspberry Kool-Aid
1 c. sugar
1 lg. can pineapple juice
1 lg. can Hawaiian Fruit Juicy Red Punch

Using a gallon milk jug or container, mix Kool-Aid and sugar. Add pineapple juice and stir or shake until sugar is dissolved. Add punch and enough water to make 1 gallon. Chill and serve.

HAWAIIAN LUAU COOLER

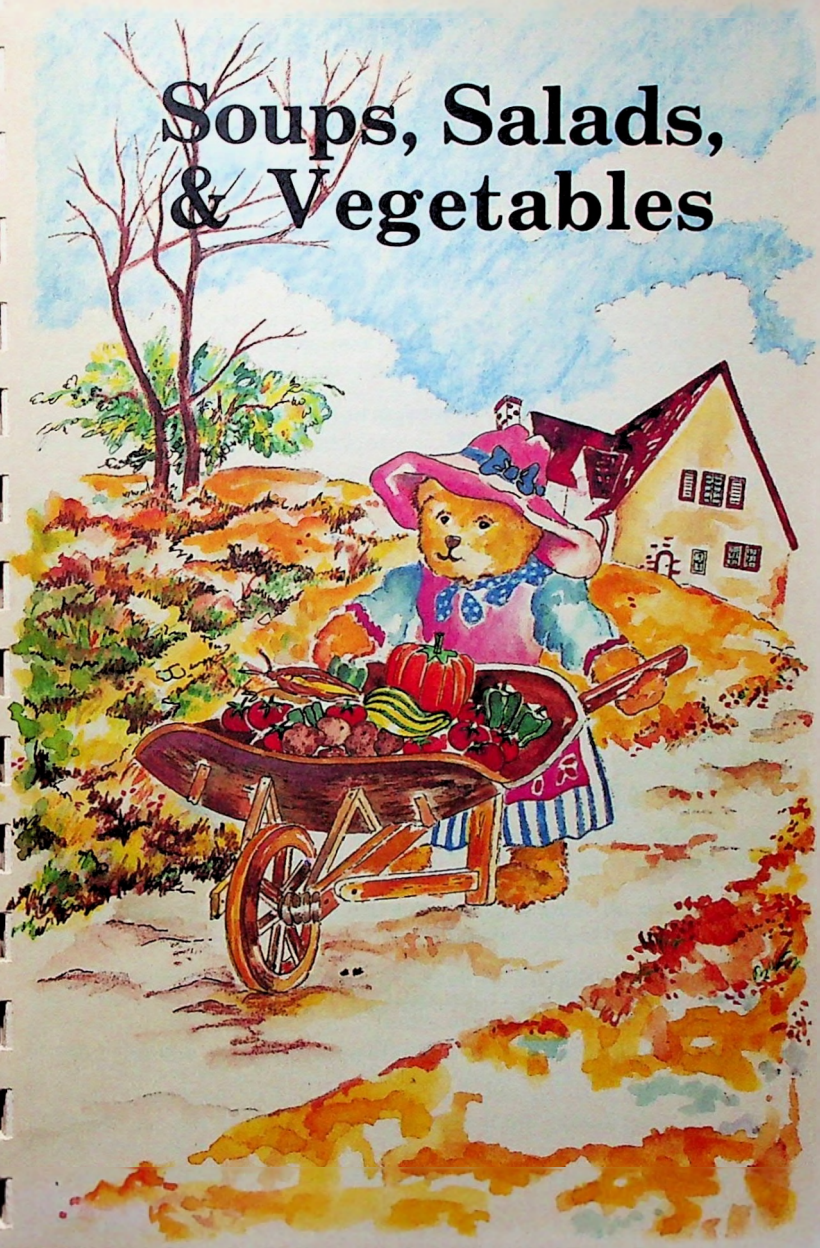
Terri Violet

1 can frozen orange juice
1 can frozen Five Alive (berry)
1/2 can apricot nectar
1/2 can pineapple juice
1/2 can Slice soda
1/2 c. sugar
1 can chunky pineapple
1 sm. container raspberry sherbet

Mix all ingredients except pineapple chunks and sherbet. After ingredients are mixed, add pineapple chunks and float scoops of raspberry sherbet on top. Aloha!

APPETIZERS & BEVERAGES

Soups, Salads, & Vegetables



Veggie Variables

Fresh lemon juice will remove onion scent from hands.

A few drops of lemon juice in potato water will whiten boiled potatoes.

To save money and vitamins: Pour all leftover vegetables and water they are cooked in and any leftover meat into a freezer container and when full add tomato juice, seasonings and have "free" soup for lunch. Vegetables left on a child's plate can be frozen, also as germs will be killed during boiling.

Three large stalks of cut-up celery added to about two cups of beans (navy, brown, pinto, etc.) will make them more easily digested, as will a bit of soda.

When cooking vegetables, remember to boil vegetables that grow above ground without a cover.

Allow ¼ teaspoon salt to each cup of water for cooking vegetables.

A lump of sugar added to water when cooking greens helps vegetables retain their fresh color. Vinegar or lemon juice (used sparingly) may also have the same effect.

Never soak vegetables after slicing; you will lose much of the nutritional value of vegetables.

Fresh vegetables require little seasoning or cooking. If the vegetable is old, dress it up with sauces or seasonings.

Save vegetable juices from cooking; they can be used for stockpot, vegetable soup or sauces. You may freeze it until ready to use.

To bake potatoes quickly, place them in boiling water for 10-15 minutes. Pierce skins with a fork and then bake in a preheated oven.

To cut down on odors when cooking cabbage, cauliflower, etc., add a little vinegar to the cooking water.

To avoid tears when cutting onions, try running under cold water or placing in freezer briefly before cutting.

A little vinegar or lemon juice added to potatoes before draining will make them extra white when mashed.

When cutting onions, rub hands with celery stalk to remove odor.

To avoid toughening beans or corn, add salt when cooking is halfway through.

CREAMY BROCCOLI SOUP

Dolly Vogel

1 1/2 lbs. broccoli
2 c. water
1 lg. stalk celery, chopped
1 med. onion, chopped
2 T. butter or margarine
2 T. flour
2 1/2 c. water
1 T. instant chicken bouillon
3/4 tsp. salt
1/8 tsp. pepper
Dash ground nutmeg
1/2 c. whipping cream

Prepare broccoli, trimming off leaves. Cut florets into 1-inch pieces. Heat 2 cups water to boiling in a 3-quart saucepan. Add broccoli, celery and onion. Cover. Boil until tender. DO NOT drain. Place in blender. Blend until uniform consistency. Heat butter in 3-quart saucepan over low heat. Stir in flour and cook, stirring constantly, until smooth and bubbly. Remove from heat. Stir in 2 1/2 cups water. Boil and stir 1 minute. Stir in broccoli mixture, bouillon, salt, pepper and nutmeg. Heat just to boiling. Stir in whipping cream. Heat just until hot, but don't boil. Serve with shredded cheese if desired. Makes 8 servings.

CREAM OF POTATO SOUP

Regina Buenaga

3 med. potatoes, peeled
1 sm. onion, peeled
4 green onions
1 clove garlic, minced
3 T. butter or margarine
3 c. regular strength chicken broth
3/4 c. whipping cream
1 c. milk
Dash white pepper
Dash nutmeg

Cut potatoes into eighths. Cut onion into eighths. Coarsely chop green onions and add to a heavy 3-quart saucepan along with garlic to butter. Add onion to butter and saute for 1 minute. Add potatoes and pour into broth. Simmer for 20 minutes or until potatoes are tender. Puree soup in food processor or blender. Add cream, milk, salt, pepper and nutmeg to soup. Chill if served cold; reheat to serving temperature if served hot. Serves 4.

COUNTRY-STYLE FRENCH ONION SOUP

Regina Buenaga

6 T. butter or margarine
4 lg. onions, thinly sliced
1/2 tsp. salt
1/2 tsp. sugar
1/4 tsp. black pepper
2 T. all-purpose flour
4 c. water
3 vegetable cubes, crumbled
1 clove garlic, minced
1/2 tsp. dried parsley leaves
1/4 tsp. nutmeg
1/4 tsp. dried thyme leaves
1/4 c. dry sherry (optional)
4 slices French bread, toasted
1 c. Parmesan cheese, grated

(continued)

Melt 3 tablespoons butter in a large pot. Add onions and saute. Cover over low heat for 15 minutes. Add salt and pepper. Raise heat to medium and cook 20 minutes, stirring often, until onions are deep golden brown. Sprinkle with flour and cook 2 minutes, stirring constantly. Add water, vegetable cubes and remaining seasonings. Bring to a boil; lower heat and simmer covered for 20 minutes. Add dry sherry if desired. Transfer to a large casserole or individual ovenproof dishes. Spread toast with remaining butter and sprinkle grated cheese over. Place toast on top of soup. Heat in oven at 400° for 6-8 minutes or until cheese is melted and lightly browned. Makes 4 servings.

OLD-FASHIONED VEGETABLE SOUP

Jennifer Merry

1 med. onion
1 c. celery, thinly sliced
1/4 c. butter or margarine
1 green pepper, cut into thin strips
2 cans chicken broth
2 med. potatoes, about 1/4-inch thick slices
3 med. carrots, thinly sliced
1 1/2 tsp. salt
1/4 tsp. dried marjoram leaves
1 bay leaf
2 c. milk
1/2 c. parsley, chopped
1 c. frozen peas, thawed
Nutmeg, freshly grated

Saute onions and celery in heated butter in a 5 to 6-quart kettle or Dutch oven. Cook until onions are limp. Stir in green pepper and cook 1 minute longer. Add broth, potatoes, carrots, salt, marjoram and bay leaf. Bring to a boil and cover. Reduce heat and simmer 20-25 minutes until potatoes are tender. Stir in milk, parsley and peas. Heat uncovered, stirring occasionally, until soup is steaming hot. Season with nutmeg. Makes 4 servings. For 8 servings, double ingredients and use 3 1/2 cups milk.

CHICKEN SALAD

Ken Bancroft

2 tsp. lemon juice
2 chicken breasts, cooked and cubed
2 stalks celery, diced
1/4 c. slivered almonds
Safflower mayonnaise, salt and pepper to taste
4 sm. tomatoes or green peppers
Spinach greens, fresh

Squeeze lemon juice over chicken. Add celery and almonds; toss. Moisten with mayonnaise. Season. Cut tops from tomatoes and hollow out centers. Fill with chicken. Serve on spinach-lined plates.

MACARONI SALAD

Charlane Hunt

1 lb. macaroni, cooked, drained and rinsed
1 lg. green bell pepper, chopped
1 lg. onion, chopped
4 carrots, shredded

Dressing:

1 can Eagle Brand milk
3/4 c. vinegar
1 c. sugar
2 c. Miracle Whip
1 tsp. salt
1/4 tsp. pepper

Mix dressing ingredients and pour over vegetables and macaroni. Chill 4 hours or overnight.

FROZEN CHERRY SALAD

Shirley Bancroft

1 can Eagle Brand milk
1 can cherry pie filling
1 c. nuts, chopped
1 sm. can crushed pineapple, undrained
1/4 c. lemon juice
1 sm. carton Cool Whip

Combine ingredients above in order listed. Put in oblong or square container and freeze. Keeps up to a week in freezer. Before using, let set for a few minute after taking out of freezer to soften some.

PINK SALAD

Shirley Bancroft

1 carton cottage cheese
1 pkg. strawberry Jello
1 can fruit cocktail, drained
1 carton Cool Whip

Put cottage cheese in bowl. Add dry Jello and mix well. Add fruit cocktail and mix in Cool Whip. May substitute mandarin oranges and orange Jello.

RAISIN CARROT SALAD

Ruth Goodson

5 med. carrots, pared and shredded
1 (8 3/4-oz.) can crushed pineapple, well drained
1/2 c. raisins

Combine carrots, pineapple and dressing. Blend well. Makes 6 servings.

CHICKEN AND RICE SALAD

Jennifer Merry

1 c. long-grain rice, cooked
1/2 c. chicken, cooked and diced
1/4 c. ham, cooked and diced
2 T. green pimento-stuffed olives, sliced
1 T. onion, minced
1/2 c. celery, sliced
1 c. mayonnaise
1 T. lemon juice
Salt and pepper to taste
Lettuce leaves
1 cucumber, peeled and sliced
2 tomatoes, sliced

Combine all ingredients in a mixing bowl except lettuce, cucumbers and tomatoes. Mix until well combined. Line serving plates with lettuce leaves. Alternate cucumbers and tomato slices in a circle around outer edge of plates atop lettuce. Mound chicken and rice mixture in middle and serve. Makes 4 servings. If desired, unpeeled, sliced avocado can be used in place of or in addition to cucumbers.

ANTIPASTO

Ruth Goodson

1/2 head cauliflower
1 green pepper, cut into 1-inch pieces
2 carrots, cut into 1-inch pieces (make sticks)
4 oz. olives

Dressing:

3/4 c. wine vinegar
1/4 c. water
1/2 c. oil
1/2 T. sugar
1 tsp. salt
1/2 tsp. oregano
1/4 tsp. pepper

Bring dressing to a boil, stirring occasionally. Add vegetables; cover and simmer 5 minutes. Pour into covered dish and refrigerate for at least 12 hours before serving. Good with spaghetti or lasagna and even by itself.

TACO SALAD

Debbie Lewis

1 head lettuce
1 tomato
1 (8-oz.) pkg. cheddar cheese, shredded
1 lb. ground beef
1 pkg. taco seasoning
1 bag taco chips
1 can kidney beans
1 sm. bottle Zesty Italian dressing

Chop lettuce and tomato. Brown ground beef; drain grease. Add to lettuce. Add cheese, beans and crushed chips. Sprinkle taco seasoning over and pour Italian dressing over all.

WINTER FRUIT SALAD

Dolly Vogel

2 med. apples, cut into 1/4-inch slices
Lime Dressing (below)
2 oranges, pared and sliced
1 grapefruit, pared and sectioned
2 c. seedless grapes
Salad greens

Dip apple slices in lime dressing. Arrange apples, oranges, grapefruit and grapes on salad greens. Serve with Lime Dressing. Makes 8 servings.

Lime Dressing:

Beat 1/3 cup frozen limeade concentrate, thawed, 1/3 cup honey and 1/3 cup vegetable oil with hand beater until smooth.

SUMMER FRUIT SALAD

Dolly Vogel

1/2 c. strawberry halves or 1 c. whole raspberries
1/2 c. seedless grapes, halved
2 med. peaches or nectarines, sliced
2 sm. bananas, sliced
Lettuce cups
Honey-Sour Dream Dressing (below)

Prepare Honey-Sour Cream Dressing. Mix strawberries, grapes, peaches and bananas. Spoon fruit mixture into lettuce cups and, if desired, garnish with mint leaves. Serve with Honey-Sour Cream Dressing. Makes 5 servings.

Honey-Sour Cream Dressing:

Mix 1 cup dairy sour cream, 2 tablespoons honey and 2 tablespoons orange juice or grapefruit juice. Cover and refrigerate 1 hour.

CARROT SALAD

Ruth Goodson

3 c. (3 lg.) carrots
1 c. raisins, cooked, cooled and drained
1 c. crushed pineapple, drained
1 c. coconut, flaked
1 c. mayonnaise
1/2 c. sugar

Mix together well and chill.

WILTED LETTUCE SALAD

Dolly Vogel

4 slices bacon, diced
1/4 c. vinegar
2 bunches leaf lettuce, coarsely shredded
5 green onions with tops (about 1/3 c.), chopped
2 tsp. sugar
1/4 tsp. salt
1/8 tsp. pepper

Cook bacon in a 12-inch skillet until crisp; add vinegar. Heat through. Remove from heat and add lettuce and onions. Sprinkle

(continued)

with sugar, salt and pepper. Toss until lettuce is wilted, 1-2 minutes. Makes 4 servings.

SALAD

Charlane Hunt

1 can Eagle Brand milk
1 (9-oz.) carton Cool Whip
1 can cherry pie filling
1/2 c. nuts
1 lg. can chunk pineapple, drained
Bananas

Mix together and chill.

CARROT SALAD

Shirley Bancroft

2 bunches carrots, cooked and cooled

Sauce:

1 med. onion, sliced
1 can tomato soup
1 green pepper, chopped
1/2 c. salad oil
3/4 c. sugar
1/4 c. vinegar
1 tsp. dry mustard
1 tsp. salt
1 tsp. celery seed
1 tsp. basil
1 tsp. Worcestershire sauce
1 tsp. pepper

Mix and pour over carrots. Refrigerate overnight.

ALMOND CRUNCH CHICKEN SALAD

Dolly Vogel

1 pie crust, baked

Filling:

3 c. chicken, cooked and cubed
1 1/2 c. green or red grapes, halved
1/2 c. carrots, shredded
1/2 c. celery, sliced
1 1/4 c. mayonnaise
1/2 tsp. salt (optional)
1 T. lemon juice
1/4 c. slivered almonds, toasted (Bake at 350° for 10 minutes or until lightly browned.)
Red cabbage, shredded carrot, lettuce or parsley for garnish

Bake pie crust and cool. In large mixing bowl, combine chicken, grapes, carrots, celery, mayonnaise, salt and lemon juice. Mix well. Spoon into cooled pie crust. Sprinkle with almonds. Garnish as desired. Store in refrigerator. Makes 6-8 servings.

THREE-BEAN SALAD

Dolly Vogel

1 (16-oz.) can cut green beans
1 (16-oz.) can yellow wax beans
1 (16-oz.) red kidney beans
1/2 c. green pepper, minced
1/2 c. onion, minced
1/2 c. salad oil
1/2 c. cider vinegar
3/4 c. granulated sugar
1 tsp. salt
1/2 tsp. pepper

(continued)

Drain beans and place in a bowl. Add green pepper and onion. Mix together salad oil, vinegar, sugar, salt and pepper. Pour over bean mixture and toss. Cover and refrigerate overnight.

BROCCOLI SALAD

Charlane Hunt

1 bunch broccoli, chopped
1 head cauliflower, chopped
1 med. red onion, chopped

Dressing:

1 c. Miracle Whip
1/2 c. oil
1/3 c. vinegar
1/2 c. sugar
Salt and pepper

Mix together. Chill 3-4 hours before serving.

PISTACHIO FRUIT SALAD

Cindy Powers

1 sm. pkg. pistachio instant pudding mix
1 (20-oz.) can pineapple chunks, undrained
1 (8-oz.) jar maraschino cherries, drained and halved
1 (20-oz.) can pears, drained and cut into bite-sized pieces
1 c. nuts, chopped
1 (9-oz.) carton Cool Whip

Combine pudding mix and pineapple chunks in large mixing bowl. Fold in cherries, pears, nuts and Cool Whip. Cover and refrigerate several hours or overnight before serving.

LAYERED OVERNIGHT SALAD

Dolly Vogel
Kathy Forster

1 pie crust, baked

Filling:

6 lettuce leaves, washed and dried
1/2 c. celery, sliced
1 (8-oz.) can sliced water chestnuts, well drained
1/4 c. green onions, sliced
1 1/2 c. real mayonnaise
3/4 tsp. salt (optional)
1 c. frozen peas, thawed and drained
4 oz. (1 c.) cheddar cheese, shredded
3 eggs, hard-boiled and chopped
1 med. tomato, cut into wedges
1/2 lb. bacon, fried and crumbled

Bake pie crust and cool. Layer lettuce leaves in cooled pie crust. Sprinkle with celery, water chestnuts and green onion. In a small bowl, combine mayonnaise and salt; mix well. Spread 3/4 cup mayonnaise over celery, water chestnuts and green onions. Sprinkle with peas and cheese. Spread remaining 3/4 cup mayonnaise over peas and cheese. Garnish with eggs, tomatoes and bacon. Refrig-

(continued)

erate 1-2 hours or overnight. Store in refrigerator. Makes 6-8 servings. **Note:** I also sprinkle grated Parmesan cheese on top of salad.

SOUR CREAM DRESSING FOR RAISIN CARROT SALAD

Ruth Goodson

1 c. dairy sour cream
2 T. sugar
1/2 tsp. salt
1/4 tsp. nutmeg
1 tsp. orange peel, grated
4 tsp. lemon juice

Blend sour cream, sugar, salt, nutmeg, orange peel and lemon juice. Makes 1 cup.

NO-OIL DRESSING

Dolly Vogel

1/3 c. water
1/4 c. lemon juice
2 T. honey
1 T. prepared mustard
1/2 tsp. salt
1/4 tsp. paprika
1 clove garlic, crushed

Shake all ingredients in tightly-covered container. Refrigerate at least 1 hour. Shake before serving. Makes about 3/4 cup dressing, 15 calories per tablespoon.

ITALIAN DRESSING

Dolly Vogel

1 c. vegetable oil
1/4 c. vinegar
2 T. onion, finely chopped
1 tsp. salt
1 tsp. sugar
1 tsp. dry mustard
1 tsp. dried basil leaves
1/2 tsp. dried oregano leaves
1/4 tsp. pepper
2 cloves garlic, crushed

Shake all ingredients in tightly-covered container. Refrigerate at least 2 hours. Shake before serving. Makes 1 1/4 cups dressing, 100 calories per tablespoon. **Creamy Italian Dressing:** Beat 1/2 cup Italian Dressing and 1/2 cup mayonnaise or salad dressing with hand beater until smooth. Makes about 1 cup dressing.

CLASSIC FRENCH DRESSING

Dolly Vogel

1/2 c. vegetable or olive oil
1/4 c. tarragon or wine vinegar
1 tsp. salt
1 med. clove garlic, crushed
Generous dash of ground pepper, freshly ground

Shake all ingredients in tightly-covered container. Refrigerate. Shake dressing before serving. Makes about 3/4 cup dressing, 90 calories per tablespoon.

FRENCH SALAD DRESSING

Nancy Simpson

1/2 c. oil
1/4 c. vinegar
1/2 c. sugar
1/2 c. catsup
1 T. Worcestershire sauce
1/2 T. salt
2 scallions, cut in small pieces

Mix together in a glass jar. Shake well and keep refrigerated.

COLESLAW DRESSING

Nelda Dasal

1 c. salad dressing
3/4 c. sugar
1/2 c. cream
1/4 c. vinegar
Salt
Celery seed

Mix first 4 ingredients well. Season to taste with salt and celery seed. Will keep in refrigerator 2-3 weeks.

BUTTERMILK DRESSING

Dolly Vogel

3/4 c. mayonnaise or salad dressing
1/2 c. buttermilk
1 tsp. parsley flakes
1/2 tsp. instant minced onion
1/2 tsp. salt
Dash ground pepper, freshly ground
1 clove garlic, crushed

Shake all ingredients in tightly-covered container. Refrigerate at least 2 hours. Shake before serving. Makes 1 1/4 cups dressing, 65 calories per tablespoon.

TROPICAL SALAD WITH POPPY LIME DRESSING

Jennifer Merry

1 lg. pineapple, pared, cored and cut into bite-sized pieces
1 lg. mango, peeled and cubed
2 firm bananas, sliced
1 kiwi, peeled and sliced
1/2 c. seedless red grapes

Poppy Lime Dressing:

1 (8-oz.) carton vanilla yogurt
1/4 c. honey
2 T. poppy seeds
Juice and zest of 1 lime

Combine all fruit into salad bowl or pineapple shell. **Dressing:** In a small bowl, combine all dressing ingredients and mix well. Serve on the side or drizzle over fruit salad. Makes about 1 1/4 cups dressing. Salad makes about 6-8 servings.

HAWAIIAN BAKED BEANS

Edna Lane

2 cans green bean salad, drained
2 cans pork and beans
2 (8-oz.) cans crushed pineapple
2/3 c. barbecue sauce
2 T. Worcestershire sauce
3 T. brown sugar

(continued)

Mix all ingredients together in a 3-quart casserole. Bake at 350° for 1 hour or until heated thoroughly. Stir before serving.

YUM YUM SWEET POTATOES

Shirley Bancroft

3 c. potatoes, mashed
1/2 c. butter
2 eggs
1 c. granulated sugar
1 T. vanilla

Topping:

1 c. brown sugar
1/3 c. flour
1 c. nuts, chopped
1/3 c. butter

Mix together potatoes, butter, eggs, sugar and vanilla. Place in casserole dish. Mix topping with a fork and sprinkle crumbs on top. Bake 20 minutes at 350°.

CORN CASSEROLE

Charlane Hunt

1 can whole corn, undrained
1 can cream-style corn
1 box Jiffy corn muffin mix
8 oz. sour cream
1 stick butter
1 onion, chopped
1 green pepper, chopped
1 egg

Melt butter in a 9 x 13-inch pan. Stir in remaining ingredients. Bake at 350° for about 30 minutes until set.

CORN DISH

Nelda Dasal

2 cans whole-kernel corn
1 green pepper, chopped
1 sm. onion, chopped
1/2 lb. bacon
1 tomato, chopped
Salt and pepper
1 tsp. sugar

Fry bacon and set aside on paper towel. Saute green peppers, onions and tomatoes in small amount of bacon drippings. Pour over corn. Cook about 5 minutes. Season with salt, pepper and sugar. Put bacon in last.

TWICE-BAKED POTATOES

Jennifer Merry

6 med. potatoes, unpeeled
3 T. butter or margarine
1 tsp. salt
Dash white pepper
1/3 c. milk
Onion, minced; chives, chopped; bacon, crumbled; sour cream or cheese, shredded, for toppings

Preheat oven to 450°. Bake potatoes 45 minutes or until fork tender. This can be done in a microwave also. With sharp knife, holding potato in clean pot holder, slice lengthwise top fourth from each potato. With spoon, carefully scoop out potato to form shells. Scrape potato from top quarter and discard tops. In a large bowl with mixer at low speed, beat potato, butter or margarine,

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salt and pepper until fluffy. Slowly add milk, beating until smooth. Pile mashed potato mixture back into shells. Sprinkle generously with topping of choice. Place potato on cookie sheet and bake for 10 minutes or until golden. If sour cream is used, put it in after potatoes are removed from oven. Serves 6.

AU GRATIN POTATOES

Nelda Dasal

8-10 potatoes, thinly sliced
1 sm. onion
3 tsp. butter
1 can cheddar cheese soup
1 can cream of celery soup
1 c. milk
Salt and pepper

Preheat oven to 375°. Grease a 9 x 13-inch pan. Place potatoes in pan. Sprinkle onions over potatoes. Mix cheese and cream of celery soups with milk. Pour over potatoes. Dab top with butter. Dash with salt and pepper. Bake uncovered for 1 hour or until potatoes are tender.

CHEESE GRITS

Nancy Simpson

2 c. grits, cooked
1 lb. Velveeta
1 lb. sharp cheddar cheese
6 eggs
Garlic to taste

Combine ingredients. Bake in casserole for 1 hour at 350°. A true southern delicacy.

BROWN FRIED RICE

Nelda Dasal

2 lbs. bacon
1 lg. green pepper
1 lg. onion
3 c. Minute Rice
Soy sauce
Salt and pepper

Cut up bacon and fry slowly until crisp. Set aside on paper towel. Cut up green pepper and onion. Saute in a small amount of bacon grease. Cook rice according to box directions. Combine rice, vegetables and bacon. Season with soy sauce, salt and pepper. For crisper bacon, don't put bacon in until ready to serve.

CRISPY EGGPLANT STICKS

Regina Buenaga

1 regular or Japanese eggplant
1/2 c. butter, melted
1/4 c. onion, grated
2 cloves garlic
1 1/2 to 2 c. cheddar cheese, grated

Peel and quarter eggplant lengthwise. If using regular eggplant, cut into small wedges. Place on ungreased baking sheet. Mix butter, onion and garlic. Brush mixture on eggplant sticks. Broil eggplant about 5-7 minutes. Turn. Brush with butter. Broil 5 minutes longer. Sprinkle with cheese. Broil until cheese melts. Serve immediately. Makes 4 servings.

SQUASH CASSEROLE

Wendy Hansen

8 yellow squash
1/2 stick butter or margarine
1 med. onion, chopped
2 eggs, beaten
Dash milk
1/4 tsp. salt
1/4 tsp. pepper
15-20 saltine crackers

Boil squash in salt water until tender. Mash squash with butter. Add onion, eggs, milk, salt and pepper. Crumble crackers a little and mix with squash ingredients. Top with Parmesan cheese and bread crumbs. Bake 25-30 minutes.

PASTOR'S FAVORITE HASH BROWN BAKE

Charlane Hunt

1 (2-lb.) bag frozen hash brown potatoes
1 can cream of chicken soup
1 onion
2 c. cheddar cheese, grated
1 pt. sour cream
Salt and pepper
Ritz cracker crumbs
1 stick margarine

Mix all together. Spread in greased 9 x 13-inch pan. Melt margarine and drizzle over top. Sprinkle cracker crumbs on top. Bake 45 minutes at 400°.

MICROWAVE BROCCOLI AND RICE CASSEROLE

Edna Lane

2 (10-oz.) pkgs. frozen chopped broccoli
1 (10 3/4-oz.) can cream of onion soup
1 (10 3/4-oz.) can cream of celery soup
2 c. water
2 c. instant rice, uncooked
1/2 to 1 lb. cheddar cheese, diced
Dash Worcestershire sauce

In a 4-quart covered baking dish, place broccoli and microwave on high power for 5 minutes. Stir and add soups, Worcestershire sauce and water. Stir together and microwave on high for 5 minutes. Stir in rice and add cheese. Microwave on high, stirring at 3-4 minute intervals until cheese is completely melted and casserole is hot, about 10 minutes. Serve immediately or store in freezer for later use. Yield: 12-15 servings.

PASTA COME BROCCOLI

Cindy Powers

1 box large pasta shells
1 (1-lb.) box Velveeta cheese
1 can cream of mushroom soup
1 bag chopped broccoli
1/2 onion, chopped
1/2 stick margarine

Cook and drain shells and put in a 13 x 9-inch pan. Blanch broccoli in hot water or cook in boiling water for 3 minutes. Drain and layer over shells. Saute onion in margarine until tender. Set aside. Melt cheese, adding milk when needed. When melted, add soup, onion

(continued)

and margarine. Stir together well. Pour cheese mixture over pasta and broccoli and toss to coat well. Cover until ready to serve.

SOUPS, SALADS & VEGETABLES

Main Dishes & Casseroles

Main Dish Mentionables

Make frying seafood easy. There is a product called "Golden Dipt Fish Coating" available at grocery stores that makes coating fish easy. This product is used by most restaurants and it is quick and easy. Just follow directions.

To keep meat moist and flavorful when reheating it - without adding extra fat - place a lettuce leaf in the bottom of a casserole, put meat on lettuce, then cover with another lettuce leaf. Add a little water to the bottom of the pan and heat at 350° until meat is hot.

Bringing home the bacon: Keep bacon slices from sticking together by rolling the package into a tube shape and securing it with a rubber band before refrigerating.

Stopping the splattering: To keep hot fat from splattering, sprinkle a little salt or flour in the pan before frying.

Juicier burgers: Add one stiffly beaten egg white to each pound of hamburger. Or, make patties with one tablespoon of cottage cheese in the center.

No more fowl play: Defrost frozen chicken by soaking in cold water that's been heavily salted. Meat will be pure white and very flavorful.

After cooking, small roasts should sit for 10-15 minutes before carving, a large roast should sit for 20-30 minutes.

A fork should never be stuck in meat while frying or grilling as it punctures the meat and lets the juices out. Use tongs.

Thaw meats in the refrigerator so as not to lose juices.

Spray your barbecue grill with vegetable oil to prevent sticking.

Instant potatoes are a good thickening for stews.

Bacon that has been fried and drained crisp can be frozen in foil; reheat in toaster oven to crisp.

Dip your fingers in water to prevent meatballs from sticking to your hands.

Meat loaf can be cooked in individual muffin pans in half the normal baking time.

MAIN DISHES & CASSEROLES

PASTOR'S FAVORITE CHICKEN RICE

Charlane Hunt

6 chicken breasts
2 c. rice (not Minute Rice)
1 can cream of chicken soup
1 can cream of mushroom soup
1 can cream of celery soup
1 stick margarine
1 can water

Mix soups, margarine and 1 can water in pan until combined. Stir half of the liquid mixture into rice and pour into greased 9 x 13-inch pan. Lay chicken breasts on top of rice mixture. Pour remaining liquid over top. Bake uncovered for 3 hours at 300°.

CHICKEN DINNER CASSEROLE

Dolly Vogel

1 (10-oz.) pkg. frozen peas and carrots
1 (10 3/4-oz.) can condensed cream of chicken soup
1 (8-oz.) can small onions, drained
1 (4-oz.) can mushroom stems and pieces, undrained
2 c. chicken or turkey, cooked and cut up
1 c. potato chips, crushed

Rinse frozen peas and carrots under running cold water to separate; drain. Mix peas and carrots and remaining ingredients except chips in ungreased 2-quart casserole or square baking dish, 8 x 8 x 2 inches. Sprinkle with chips. Bake uncovered at 350° until hot and bubbly, 35-40 minutes. Makes 6 servings.

SPAGHETTI WITH MUSHROOMS

Dolly Vogel

7 oz. spaghetti, uncooked
5 oz. (2 c.) mushrooms, sliced
2 T. margarine or butter
2 T. flour
2 T. lemon juice
1/2 tsp. salt
1/4 tsp. pepper
2 c. milk
3 T. parsley, snipped

Cook spaghetti. Cook and stir mushrooms in butter in a 3-quart saucepan over medium heat until tender. Stir in flour, lemon juice, salt and pepper. Cook over low heat, stirring constantly, until mixture is smooth and bubbly. Remove from heat. Gradually stir in milk. Heat to boiling, stirring constantly. Boil and stir 1 minute. Stir in hot spaghetti and parsley. Cover and let stand 10 minutes. Makes 6 servings.

PEPPER MOSTACCIOLI

Dolly Vogel

- 1 green pepper, cut into 1/4-inch strips
- 1 onion, sliced and separated into rings
- 1 clove garlic, crushed
- 2 T. olive oil or vegetable oil
- 1 1/2 c. mostaccioli, uncooked
- 1 med. tomato, coarsely chopped
- 1 T. basil leaves, snipped, or 1 tsp. dried basil leaves
- 1/4 tsp. salt
- 2 T. romano cheese, grated
- Pepper, freshly ground

Cook and stir green pepper, onion and garlic in oil over medium heat until pepper is tender, about 10 minutes. Cook mostaccioli as directed on package. Drain. Stir tomato, basil, salt and pepper into green pepper mixture. Heat until hot. Toss with hot mostaccioli. Sprinkle with grated cheese. Makes 4 servings.

VIOLET SPAGHETTI SAUCE

Terri Violet

- 2 c. (6 oz.) tomato paste
- 2 T. dry minced onion
- 1 T. sugar
- 1/2 tsp. salt
- 1/2 tsp. pepper
- 3 c. water
- 1 T. Parmesan cheese
- 1 T. Italian seasoning
- 1/2 tsp. garlic powder
- 1 beef bouillon cube

Mix all ingredients. Cover and simmer 20 minutes, stirring occasionally. (Best if made early on the day and put in a crockpot to slowly cook all day on low.)

ROMAN STEW

Regina Buenaga

- 1 lb. lean beef
- 1 T. butter or margarine
- 1 T. olive oil
- 1/2 lb. fresh mushrooms, sliced
- 1/2 lg. onion, sliced
- 2 cloves garlic, minced
- 1/2 c. parsley, chopped
- 1/2 tsp. dried oregano leaves
- 1 c. tomatoe, crushed
- 1/4 tsp. black pepper
- Salt to taste
- 1/2 c. each red wine and beef broth
- 1/2 c. Parmesan cheese, grated

Cut meat into 1-inch cubes. Brown in butter and oil over medium heat. Remove. Saute mushrooms for 3-4 minutes; remove. Saute onion and garlic for 3-4 minutes. Add tomatoes, parsley and seasoning. Simmer for 5-10 minutes. Add wine, broth and cheese. Simmer 5 minutes longer. Stir in meat and mushrooms. Cover and cook for 1 hour. Add a little water or broth if needed. Serves 4.

PIZZA BURGERS

Regina Buenaga

1 lb. lean hamburger or ground beef
1/2 of 8-oz. pkg. mild cheddar cheese, grated
1 (4 1/2-oz.) can potted meat or deviled ham
1 tsp. dried oregano leaves
1/2 tsp. dried sage leaves
1/2 tsp. fennel seed
1/2 tsp. mixed Italian herbs
1 (8-oz.) can tomato sauce
1/4 lb. sliced mozzarella cheese
1/8 tsp. garlic powder
Hamburger buns or 1 lg. loaf French bread

Brown ground beef in skillet on moderate heat, stirring until pinkness disappears. Stir in cheese, potted meat, oregano, sage, fennel, Italian herbs and garlic powder. Add tomato sauce and heat mixture until bubbly. Spoon onto split hamburger buns or French bread. Top with cheese. Place under broiler. Broil until cheese is melted, about 3 minutes. Serve immediately. Makes 4 servings.

YUMMY AND SAUCY MEATBALLS

Charlane Hunt

Meatballs:

1 1/2 lbs. ground beef
1/2 c. bread crumbs
2 eggs

Sauce:

1 1/2 c. catsup
4 1/2 T. brown sugar
3 T. white vinegar
3 T. soy sauce

Mix ground beef, bread crumbs and eggs. Form meatballs in size desired. Mix remaining ingredients together and simmer. Add meatballs, cooked and drained, to sauce and simmer.

TOSTADOS

Ken Bancroft

8 corn tortillas
1 lb. extra lean ground round, cooked and drained
1/2 head lettuce, chopped
2 ripe tomatoes, chopped
1 white onion, chopped
1 c. lowfat mozzarella or cheddar cheese, grated
1 c. salsa sauce

Place tortillas on a Teflon baking sheet. Heat in oven at 350° for 3 minutes on each side or until warm. Spread with ground round. Top with lettuce, tomato, onion, cheese and salsa sauce.

LASAGNA

Annette Easter

1 lb. ground beef or 1/2 lb. ground beef and 1/2 lb. sausage mixed
1 1/2 tsp. salt
2 (6-oz.) cans tomato paste
1 (16-oz.) can tomatoes
10 oz. lasagna noodles
3 c. cottage cheese
2 eggs, beaten
1/2 c. Parmesan cheese
1 lb. mozzarella cheese, grated

(continued)

Brown meat and drain. Add salt, tomato paste and tomatoes. Cook together and let simmer on low heat while lasagna noodles are cooking in boiling salt water. Rinse noodles in cool water and drain. In a separate bowl, combine cottage cheese with beaten eggs and Parmesan cheese. Place half cooked noodles in a 9 x 13-inch baking dish. Put 1/2 meat on top of noodles. Add 1/2 cheese over meat and mozzarella cheese on top. Repeat steps. Bake at 375° for 30 minutes.

HAM CASSEROLE

Nelda Dasal

1 lb. ham chunks
3-4 potatoes, peeled and diced
3-4 carrots, diced
1 can peas, drained
1 can cream of mushroom soup
1/2 box Velveeta cheese chunks

Cook potatoes and carrots in water until tender. Drain and add peas, ham and mushroom soup. Stir until melted and well mixed. Season with salt and pepper.

BREAKFAST CASSEROLE

Nelda Dasal by Sandy Vaughn

1 lb. sausage or ham
1 tsp. salt
6 slices bread
4 oz. mushrooms, sliced
6 eggs
1 tsp. dry mustard
1 1/2 c. cheese, grated
2 c. milk

Brown sausage; drain. Beat eggs and milk. Add salt and mustard. Add bread, torn apart, and stir until softened. Stir in cheese, mushrooms and sausage. Pour into greased glass 9 x 13-inch dish and place in refrigerator overnight. Bake at 350° for 40-45 minutes. Let stand a few minutes before cutting.

BENGHETTI

Nelda Dasal

3 lbs. ground beef
1 onion
1 green pepper
3 cans tomato soup
1 (12-oz.) pkg. flat noodles, cooked
2 sm. cans sliced mushrooms, drained
1 jar pimento
1 can peas, drained
Salt, pepper and Accent
Garlic salt
1/2 c. cheese, grated

Brown ground beef; drain. Saute onion and green pepper. Mix with ground beef. Add tomato soup. Mix noodles, mushrooms, pimento and peas. Pour into beef mixture. Season to taste with salt, pepper, Accent and garlic salt. Put into large crockpot. Will simmer on low all day. Sprinkle with grated cheese 30 minutes before serving.

TATO-TACO CASSEROLE

Jody Hackworth

Crust:

2 c. mashed potato flakes
1 (8-oz.) tub sour cream
2/3 c. water

In a large bowl, combine until thoroughly mixed. Press evenly into bottom of ungreased 13 x 9-inch pan. Bake at 350° for 20-25 minutes or until lightly brown around edges.

Filling:

1 lb. ground beef
1 (1 1/4-oz.) pkg. taco seasoning mix
3/4 c. water
1 c. (4 oz.) cheddar cheese, shredded

Brown beef and drain. Stir in taco mix and water. Bring to a boil. Reduce heat and simmer, uncooked, 15 minutes, stirring occasionally. Spread meat mixture over crust. Sprinkle cheese over meat. Bake at 350° for 5 minutes or until cheese is melted.

Topping:

1 c. lettuce, shredded
1 c. tomatoes, chopped
1 c. corn chips, crushed
Green peppers, chopped (optional)

Sprinkle over cheese. Cut into squares and serve with taco sauce.

CHEESY HAM CASSEROLE

Cindy Powers

1/2 c. salad dressing
2 c. broccoli florets, fresh or frozen
1 1/2 c. (6 oz.) sharp cheddar cheese, shredded
1 1/2 c. ham, chopped
1 1/2 c. corkscrew noodles, cooked and drained
1/2 c. red or green pepper, chopped
1/4 c. milk
3/4 c. seasoned croutons (optional)

Mix all ingredients except 1/2 cup cheese and croutons. Spoon into a 1 1/2-quart casserole. Sprinkle with remaining cheese and croutons. Bake at 350° for 30 minutes or microwave on high for 8-10 minutes. Makes 4-6 servings.

EASY LASAGNA

Edna Lane

1 can sliced mushrooms
1 regular-sized jar Ragu spaghetti sauce
1 lb. ground beef
1 lb. mozzarella cheese, grated
Parmesan cheese
1 box lasagna noodles

Brown ground beef and drain. Add Ragu sauce and mushrooms. Cover and simmer. Meanwhile, cook 1/2 box lasagna noodles. Layer noodles, sauce and cheese. Repeat until all sauce and noo-

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dles are gone. Bake at 350° for 35-40 minutes or until cheese is brown and bubbly.

Meat, Poultry & Seafood

The Healthy Gourmet

Those of you who love to barbecue but don't want to ruin your diets should enjoy our low-calorie barbecue hints.

You may enjoy red meats on occasion, but try to limit yourself to 2-4 servings per week. In order to make these meat treats extra special, do not eat fast-food burgers and sandwiches, but do take the time to make home-cooked dishes that allow you to truly savor the meat. When preparing sauces and marinades for red meats, use little oil, fat, butter or margarine. Fat from the meat will render out during cooking, and will provide plenty of flavor. Certain meats, like ribs, pot roast, sausage and others, can be parboiled before grilling to reduce the fat content.

Do not overcook your meats when barbecuing! Well-done meat and charred foods have been shown to contain cancer-causing agents, and should be stricken from your diet. Pork should be cooked to the well-done stage, but not burned.

When shopping for red meats, buy the leanest cuts you can find. Fat will show up as an opaque white coating, and it can also run through the meat fibers themselves, as marbling. Although much outer fat (the white coating) can be trimmed away, I'm afraid there isn't much to be done about the marbling. Stay away from well-marbled cuts of meat.

If you are trying to lose weight, maintain your weight, or just to reduce your fat intake for health reasons, perhaps you should rethink some of your favorite traditional recipes. Often we can reduce the amount of oil, butter, margarine and/or salt called for in a recipe without much change in taste. You can start by cutting the fat (oil, butter or margarine) called for in a recipe right in half, and, while you're at it, do the same to the amount of salt called for. Of course this trick does not work with deep-fried foods and such. Deep-fried foods are best reserved for special occasions, as rare indulgences! Home from work late with no time for marinating meat...? Pound meat lightly with a mallet or rolling pin. Pierce with a fork and cut into chunks if desired. Sprinkle lightly with meat tenderizer and add marinade. Refrigerate for about 20 minutes, and you will have succulent, tender meat.

HERBAL VINEGARS

Vinegar used to be looked at as something you either mixed with oil for your salads or with water to wash your mirrors and windows. No more! Today, vinegars come in a variety of flavors, from garlic and dill to raspberry and blackberry. What is all the excitement about herbal vinegars?

For one thing, it is a great boost for dieters looking to add flavor without the calories to vegetables and main dishes. For gourmet tastes, check your local grocery for the many vinegars available...use a sweet basil vinegar for marinating fresh sliced tomatoes or add a dash to your tomato juice, tomato soup or vegetable juice cocktail. Also good to sprinkle on leafy greens or fresh vegetables.

MEAT, POULTRY & SEAFOOD

ELEPHANT STEW

Dolly Vogel

1 medium-sized elephant
Brown gravy

Cut elephant into small bite-sized pieces (will take about 2 months). Add enough brown gravy to cover. Cook over humongus pot for about 4 weeks, maintaining a temperature of 465°. This will serve about 3800 people. If more are expected, 2 rabbits may be added. But do this only if necessary. Most people do not like hare in their stew.

CHICKEN-FRIED PORK CHOPS

Donna Rouse

6 pork chops
2 eggs, beaten
2 T. milk
1 c. crackers, finely crushed
1/2 tsp. salt
1/4 c. water

Pound pork chops with meat pounder. Mix eggs and milk. Dip pork chops in egg mixture and roll in crumbs. Brown on both sides in hot fat. Season with salt. Add water. Cover and cook over low heat for 45 minutes, lifting occasionally to prevent sticking. Remove cover for last 15 minutes if crisp coating is desired. Makes 6 servings.

CABBAGE ROLLS

Tina Sadler

1 lb. ground beef
1 1/2 lbs. ground pork
1/4 c. onion, finely chopped
1 1/2 tsp. salt
1 egg
1/2 tsp. black pepper
1/2 clove garlic, chopped
1/2 c. rice
2 (8-oz.) cans tomato sauce
1 head cabbage, parboiled for 5 minutes

Combine first 8 ingredients and half of the tomato sauce. Separate each cabbage leaf. Fill each leaf with 3 tablespoons meat mixture. Roll up and secure with toothpick. Place in large pot. Cover with boiling water. Add tomato sauce and cook for 2 1/2 hours, adding more water if needed. Yield: 6-8 servings.

MEAT LOAF

Della Jones

1 lb. ground beef
1/4 lb. ground pork sausage
1 egg
2 T. onion, chopped
2 T. green pepper, chopped
1/2 c. oats, uncooked
1/2 c. evaporated milk
1 tsp. salt

Combine all ingredients. Shape mixture into a loaf. Place in baking pan. Bake at 375° for 1 hour. Serve with tomato sauce. Yield: 4 servings.

PORCUPINE MEATBALLS

Tina Sadler

1 (10½-oz.) can condensed tomato soup
1 c. water
1 lb. ground beef
½ c. rice, uncooked
2 T. bread crumbs
1 tsp. salt
½ tsp. pepper
1 egg, lightly beaten

Mix soup and water. Mix ¼ cup soup mixture, beef, rice, bread crumbs, salt, pepper and egg. Shape mixture into 1½-inch balls. Place in casserole dish. Cover with remaining soup mixture. Cover and bake at 350° for 1 hour. Yield: 4 servings.

CHICKEN-FRIED ROUND STEAK

Midge Hamlett

1½ lbs. beef round steak, cut ½ inch thick
1 egg, beaten
1 T. milk
1 c. saltine crackers, finely crushed
¼ c. cooking oil

Pound steak to ¼-inch thickness. Cut into 6 pieces. Stir together egg and milk. Combine cracker crumbs, ½ teaspoon salt and ¼ teaspoon pepper. Dip meat into egg mixture, then in crumbs. In a 12-inch skillet, brown meat in hot oil, turning once. Cover and cook over low heat 45-60 minutes or until tender. Serves 6.

SMOKED SAUSAGE SUPPER

Elaine Hamlett

1 to 1½ lbs. smoked sausage
4 potatoes, peeled and halved
1 med. onion, sliced
1 pkg. frozen broccoli

Cut sausage into ¼ to ½-inch long pieces, placing them in the bottom of a casserole and reserving 8 pieces. Place potato halves, then onion slices in casserole. Defrost broccoli and place on top of onions. Using remaining sausage, place around on top of casserole. Salt and pepper. Cook covered for 1 hour at 400°.

PAN-BROILED LIVER AND ONION GRAVY

Midge Hamlett

5 T. flour
½ tsp. salt
⅛ tsp. pepper
1 lb. beef, pork or lamb liver, in ½-inch slices
¼ c. margarine or bacon fat
2 med. onions, sliced
1 beef bouillon cube
Parsley, chopped

Mix 3 tablespoons flour, salt and pepper. Coat liver slices with mixture and brown slowly on both sides in 2 tablespoons margarine in skillet. Remove to hot platter and keep warm. Melt remaining margarine in same skillet. Add onions and saute 3-4 minutes or until golden brown. Stir in remaining 2 tablespoons flour, then add bouillon cube dissolved in 1 cup boiling water. Cook, stirring, until

(continued)

thickened. Pour over liver and sprinkle with parsley. Makes 4 servings.

SKEWERED BEEF

Ken Bancroft

1/4 c. safflower oil
1/4 c. red wine vinegar
1/2 clove garlic, minced
1/4 tsp. black pepper
1-2 lbs. round or chuck steak, cut into 1-inch cubes
3/4 lb. fresh mushrooms
12 cherry tomatoes
1 white onion, cut into 2-inch cubes
2 green peppers, quartered lengthwise

Combine oil, vinegar, garlic and pepper. Pour over meat and vegetables. Cover and chill 1-4 hours. Drain. Alternate meat and vegetables on skewers. Grill over medium-hot coals or broil 4-6 inches from heat. Baste frequently and turn often.

THE BEST BEEF STROGANOFF

Bill Merry

1 lb. sirloin or round steak
3 T. cooking oil
1 med. onion, chopped
1 med. garlic clove, minced
1 (4-oz.) can sliced mushrooms
2 (10 3/4-oz.) cans cream of mushroom soup
1 (10 1/2-oz.) can beef consomme
1/2 c. water
1 tsp. seasoned salt
1/4 tsp. pepper
1 c. sour cream
1 (10-oz.) pkg. egg noodles
3 T. butter or oleo, softened

Slice beef into very thin 1/2-inch slices. In a large skillet, heat oil and saute beef until tender. Add onion, garlic and drained mushrooms. Stir and cook 5 minutes. Stir in soup, consomme, water, seasoned salt and pepper. Simmer over low heat 20 minutes. Remove from heat and mix in sour cream. Prepare egg noodles according to package directions. Drain. Toss butter with hot noodles. Heat sauce (don't boil) and serve over buttered noodles. Serves 6.

SALAMI

Annette Easter

1 c. water
2 T. Morton Tender Quick curing salt
1/4 tsp. onion powder
1/2 tsp. brown sugar
1/8 tsp. garlic powder
1/2 T. liquid smoke
12 pepper corns

Mix together. Add 2 pounds ground beef and mix well. Pat firmly into 3 rolls. Wrap tightly in plastic wrap. Refrigerate 24 hours. Bake at 300° for 12 hours. Remove plastic wrap before baking.

STEAK TERIYAKI

Sandy Whittington

3/4 c. vegetable oil
1/4 c. soy sauce
1/4 c. honey
2 T. vinegar
2 T. green onion, chopped
1/2 tsp. garlic, minced (not garlic salt)
1 1/2 tsp. ground ginger

(continued)

Mix ingredients in bowl with sealable lid. Setting bowl in hot water while stirring helps dissolve honey. Cut round steak into 1-inch strips and add mixture. Marinate for 8-12 hours. At least once each hour, toss in mixing bowl by turning bowl upside down. This remixes marinade. Remove meat from marinade and cook on charcoal, preferably on a smoker-style for 10-17 minutes. **Note:** Marinade mixture is enough for 1 medium-sized round steak. For longer steak, make 50 percent more marinade; for 2 steaks of any size, triple mixture.

SALISBURY STEAKS

Dolly Vogel

1 lb. ground beef
1/3 c. dry bread crumbs
1/2 tsp. salt
1/4 tsp. pepper
1 egg
1 lg. onion, sliced
1 (10 1/2-oz.) can condensed beef broth
1 (4-oz.) can mushroom stems and pieces, drained
2 T. cold water
2 tsp. cornstarch

Mix ground beef, bread crumbs, salt, pepper and egg. Shape into 4 oval patties, each about 3/4 inch thick. Cook patties in a 10-inch skillet over medium heat, turning occasionally, until brown, about 10 minutes. Drain. Add onion, broth and mushrooms. Heat to boiling; reduce heat. Cover and simmer until beef is done, about 10 minutes. Remove patties and keep warm. Heat onion mixture to boiling. Mix water and cornstarch. Stir into onion mixture. Boil and stir 1 minute. Serve over patties. Makes 4 servings.

FRENCH-STYLE BEEF ROAST

Dolly Vogel

3 lbs. boneless beef chuck or rolled rump roast
1 tsp. salt
1 tsp. dried thyme leaves
6 whole cloves
5 peppercorns
1 bay leaf
1 lg. clove garlic, quartered
4 c. water
4 med. carrots, halved or quartered crosswise
2 med. onions, quartered
2 med. turnips, quartered
2 med. stalks celery, cut into 1-inch pieces

Place beef roast, salt, thyme, cloves, peppercorns, bay leaf and garlic in Dutch oven. Add water. Heat to boiling and reduce heat. Cover and simmer 2 1/2 hours. Add remaining ingredients. Cover and simmer until beef and vegetables are tender, about 30 minutes. Remove beef and vegetables. Cut beef into 1/4-inch slices. Strain broth and serve with beef and vegetables. Makes 8 servings.

INDIAN CURRY

Midge Hamlett

2 1/2 lbs. stew meat, cut into small pieces
2 T. curry powder
1/4 tsp. pepper
1 T. oil
1 lg. onion, chopped
2 cloves garlic, minced
1 1/2 tsp. salt
2 c. plus 2 T. water
2 T. cornstarch
4 c. rice, cooked and hot
1 can green peas, drained

Combine 1 tablespoon curry powder and pepper. Sprinkle over stew meat. Brown half the meat in oil in a large Dutch oven over medium heat. Remove with slotted spoon. Brown remaining beef with onion and garlic in the same pan. Sprinkle salt on meat. Return stew meat to pan. Add 2 cups water and 1 tablespoon curry. Simmer, covered tightly, for 1 1/2 hours or until meat is tender. Stir occasionally. Combine 2 tablespoons water and cornstarch. Stir into 1/2 cup hot liquid. Add cornstarch mixture to pan. Bring to a boil. Reduce heat and simmer uncovered. Add can of peas last. Serve over rice.

CHICKEN BAKED WITH GRAVY

Freda Johnson

1 apple, chopped
1 sm. onion, chopped
1/4 c. margarine
1 can cream of mushroom soup
1 c. milk
1 1/2 tsp. salt
1 tsp. curry powder
1 chicken, cut up

Saute apple and onion in margarine. Add mushroom soup and milk. Add salt and curry powder. Cook together and stir well. Arrange chicken pieces in shallow pan. Pour gravy over top of chicken. Bake 1 1/2 hours in a 325° oven. Makes 6-8 servings.

FINGER LICKIN' CHICKEN

Nelda Dasal

1 chicken, cut up
3 c. self-rising flour
2 env. Lipton tomato soup powder
2 pkgs. Good Seasons Italian dressing powder
1 tsp. salt
1 stick butter

Preheat oven to 350°. Mix flour, soup powder, Italian dressing mix and salt in large plastic bag. Shake chicken pieces in bag. Place in nonstick pan. Melt butter and pour over chicken. Bake uncovered 1 hour or until done.

ZESTY FRIED CHICKEN

Dolly Vogel

2 T. cornmeal
1 tsp. paprika
1/2 tsp. salt
1/2 tsp. pepper
1/4 tsp. cumin
4 lg. chicken breast halves or other chicken parts (1 lb.), skinned and boned
Nonstick spray coating

(continued)

In a medium mixing bowl, combine cornmeal, paprika, salt, garlic powder and cumin. Rinse chicken (don't pat dry). Coat chicken evenly on all sides with cornmeal mixture. Spray a cold large skillet with nonstick coating. Heat skillet over medium heat. Cook chicken for 8-10 minutes or until no longer pink, turning occasionally to brown on all sides. Makes 4 servings.

DRUMMETS

Dolly Vogel

2/3 c. soy sauce
1/4 c. Worcestershire sauce
1/4 c. water
1 c. brown sugar
1 cube butter or margarine
1 T. dry mustard

Combine and bring to a boil. Pour over 3-4 pounds of drummets. Marinate overnight. Arrange in a large flat casserole with marinade. Bake uncovered for 2 hours at 325°-350°.

MEXICAN CHICKEN

Donna Walker

4 chicken breasts
1 can mushroom soup
1 can cream of chicken soup
1/2 c. chicken broth
1 onion, chopped
1 lg. pkg. Doritos
1 1/2 c. cheddar cheese, grated
1/2 can Ro-Tel tomatoes

Boil chicken and remove meat from bone. Heat soup and broth in pan. Layer each item in a dish. Pour soup sauce over layers. Bake at 350° for 30 minutes.

CHICKEN, HAM AND MUSHROOM PIE

Regina Buenaga

1 (3 1/2-lb.) frying chicken, cut up
1 med. onion, finely chopped
1 med. carrot, sliced
1 stalk celery, chopped
2 tsp. salt
1/4 tsp. dried thyme leaves
3 c. water
1/2 c. ham, diced
1/2 lb. mushrooms, sliced
1/4 c. butter or margarine
3 T. all-purpose flour
1/2 c. frozen peas, thawed
Dash each pepper and nutmeg

Place chicken pieces in a 4-quart kettle. Reserve 1/4 cup of onion. Add remaining onion to chicken with carrots, celery, salt, thyme and water. Bring to a boil. Reduce heat. Cover and simmer until chicken is tender. Strain reserved broth. Bone chicken in large pieces. Cook reserved onions, ham and mushrooms in butter until mushrooms brown lightly. Stir in flour, pepper and nutmeg. Remove from heat. Mix in 1 1/2 cups broth. Return to heat. Stir until thick. Fold in chicken and peas. Spread chicken mixture into a 9-inch pie pan. Place pastry over; trim edges and flute edges. Cut slits in top. Beat egg white with 1 teaspoon water and brush crust. Bake at 425° for about 25 minutes.

CHICKEN SLAW

Cindy Powers

2 whole chicken breasts, cooked and cut into bite-sized pieces
1 (1 lb.) bag slaw mix
2 pkgs. Ramen noodles, chicken flavored, uncooked
4 green onions, chopped
1/2 c. slivered almonds (optional)
1/4 c. sugar
1/4 c. vinegar
1 c. vegetable oil

Mix together slaw mix, chicken, Ramen noodles (broken up), onions and almonds. In small bowl, mix together sugar, vinegar, oil and flavor packets from Ramen noodles. Pour vinegar and oil mixture over slaw. Mix well and refrigerate before eating.

CHICKEN A LA KING

Cindy Powers

1/4 c. margarine, melted
3 T. flour
1 c. chicken broth
1 c. milk
1 tsp. salt
2 c. chicken, diced
1 c. (4 oz.) mushrooms

Melt margarine. Stir in flour and blend until smooth. Gradually stir in chicken broth and milk. Stir until mixture thickens and comes to a boil. Stir in salt, chicken and mushrooms. Cook until heated through. Serve over toast or biscuits.

CHICKEN FRICASSEE

Midge Hamlett

3 T. vegetable oil
3 heaping T. flour
2 c. nonfat liquid milk
1 T. paprika or to taste
1 whole chicken, boiled until tender, skinned, boned and fat removed
1 can peas, drained (reserve liquid)
1 c. carrots, cooked, drained and diced
2 c. enriched rice, cooked

In a 4-quart saucepan, combine oil and flour. Slowly add milk, stirring until smooth. Place over medium heat, stirring until thickened. Add liquid from peas if too thick. Will make a smooth sauce. Stir constantly. Add paprika to taste. Stir in chicken pieces and other remaining ingredients. Serve over rice. Makes a low-calorie dinner.

SHRIMP SCAMPI

Roberta Hellams

1/2 c. (1 stick) butter
1/3 c. red bell pepper, chopped
3 T. shallot, finely chopped
2 cloves garlic, crushed
3 T. fresh basil, finely chopped or 1 T. dried basil
1 lb. med. shrimp, shelled and deveined
1/4 c. dry white wine
2 T. fresh lemon juice
Pinch pepper

(continued)

Melt butter in medium skillet. Saute pepper, shallot, garlic and basil about 5 minutes until tender. Saute shrimp 6-8 minutes until they just turn pink. Remove shrimp. Keep warm. Stir wine and lemon juice into skillet. Simmer 3-5 minutes until reduced by half. Stir in salt and pepper. Add shrimp. Serve immediately. Makes 4 servings.

OYSTER STEW

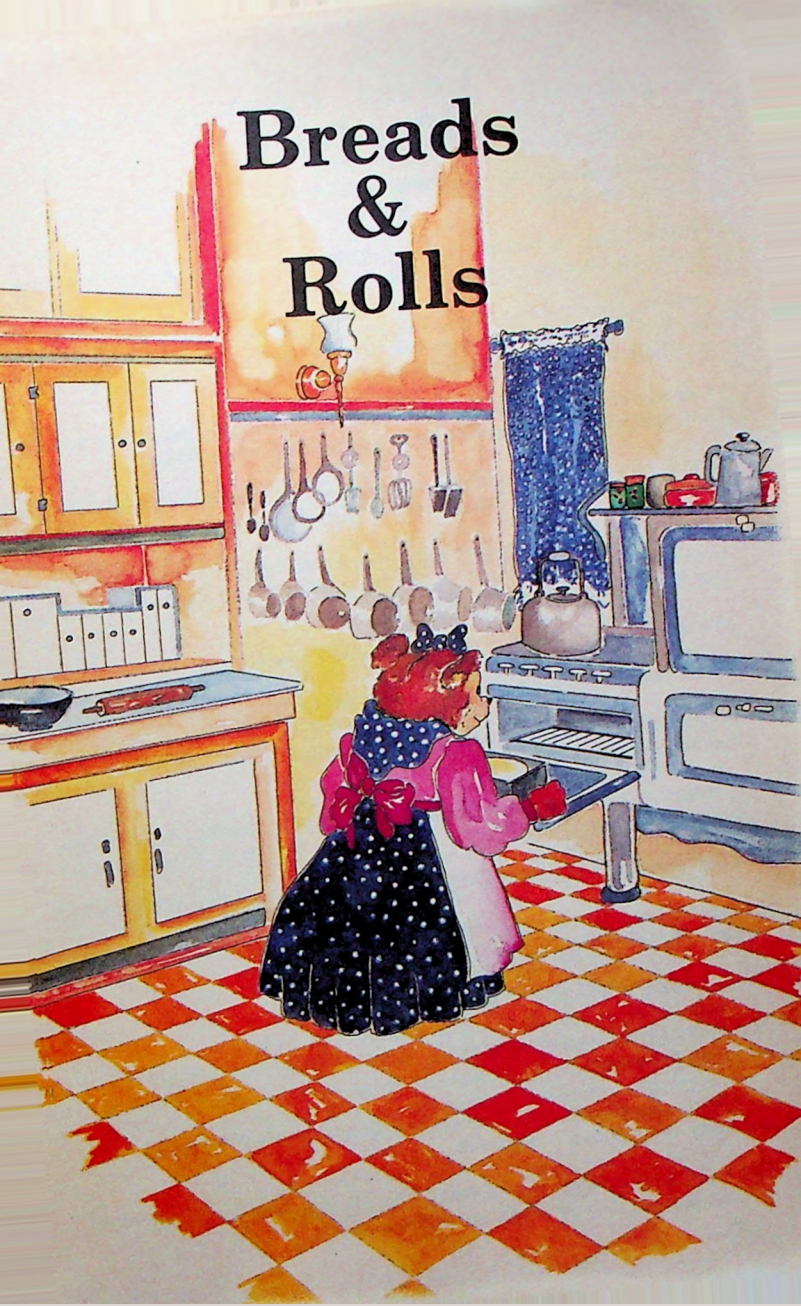
Ken Bancroft

1 pt. sm. oysters with liquid
1 1/2 T. flour
1 tsp. or less salt
2 T. cold water
Dash Tabasco sauce
2 1/3 c. nonfat milk powder
3 3/4 c. water

Put oysters with liquid in a medium saucepan. Combine flour, salt, Tabasco sauce and 2 tablespoons cold water. Blend until smooth and add to oysters. Simmer and stir over very low heat about 5 minutes or until edges of oysters begin to curl. Combine nonfat milk powder with remaining cold water. Heat to scalding, but don't allow to boil. Stir in oysters. Take off heat and cover. Let stand for about 15 minutes to blend flavors. Reheat briefly to serve.

Recipe Favorites

Breads & Rolls



Lovin' From The Oven

Freeze over-ripe bananas with a little lemon juice and use later in breads or cakes.

When bread is baking, a small dish of water in the oven will help to keep the crust from getting too hard.

Use shortening, not oleo or oil to grease pans, especially for bread, as oleo and oil absorb more readily into the dough or batter and do not help to release baked goods from pan.

Use metal ice tray divider to cut biscuits in a hurry. Press into dough and biscuits will separate at dividing lines when baked.

Self-rising flour: 4 cups flour, 2 teaspoons salt and 2 tablespoons baking powder. Mix well and store in tightly covered container.

Hot water kills yeast. One way to tell the correct temperature is to pour some over your forearm and if you cannot feel either hot or cold, the temperature is just right.

When in doubt, always sift flour before measuring.

When cooking in glass pans, reduce oven temperature by 25 degrees.

When milk is used in making bread, you get a finer texture. Water makes a coarser bread.

If bread is browning too quickly, place a pan of water on the rack above it in the oven.

When scalding milk, to prevent scorching, first rinse pan in hot water.

If your biscuits are dry, it could be from too much handling; or, the oven temperature may have not been hot enough.

Nut breads are better if stored 24 hours before using.

To make bread crumbs, toast the heels of bread and put in blender or food processor.

Cracked eggs should only be used in dishes that are thoroughly cooked; they may contain bacteria.

The freshness of eggs can be tested by placing them in a large bowl of cold water; if they float, do not use them.

BREADS & ROLLS

CORNMEAL DRESSING

Marie Talley

1 c. white cornmeal
1 egg
3/4 c. buttermilk
1 T. shortening
3 c. bread crumbs
6 tsp. margarine, melted
1/2 c. celery, chopped
1 med. onion, chopped
1 1/2 tsp. sage
1 tsp. salt
1/4 tsp. pepper
1 egg

Mix first 4 ingredients together. Bake in an 8 x 9-inch pan at 350° for 20-25 minutes to make cornbread. Mix together all other ingredients. Add cornbread until well moistened with broth. Bake at 300° for 25 minutes.

EVELYN SIMPSON'S BANANA BREAD

Nancy Simpson

2 lg. or 3 med. bananas (1 c.)
1 3/4 c. flour
2 tsp. banana flavoring
1/4 tsp. soda
1/2 tsp. salt
2/3 c. sugar
1/3 c. shortening or butter
2 eggs
2/3 c. nuts (optional)

Mix together first 6 ingredients. Add shortening or butter, eggs and nuts. Mix together and bake in greased or Pam-sprayed loaf pan at 350° until toothpick comes out clean.

BANANA NUT BREAD

Dorothy Ryan

2 c. flour, sifted
2 tsp. baking powder
1/2 tsp. soda
1/2 tsp. salt
1/2 c. nuts, chopped
1 egg
3/4 c. brown sugar, firmly packed
1 T. vinegar
1/2 c. Carnation Milk, undiluted
1 c. ripe bananas, mashed
1/4 c. butter or oleo, melted

Sift together flour, baking powder, soda and salt. Stir in nuts. Beat egg; add sugar and beat until light and creamy. Stir vinegar into milk and add to egg mixture with bananas and butter. Stir liquid ingredients into flour mixture until moistened. Pour into a buttered loaf pan. Bake at 350° for about 1 hour. Allow to cool before slicing.

BACON-JACK CHEESE MUFFINS

Jennifer Merry

2 c. all-purpose flour
3 tsp. sugar
3 tsp. baking powder
1/8 to 1/4 tsp. cayenne pepper
1 1/4 c. milk
2 tsp. bacon drippings or oil
1 egg
6 slices bacon, cooked crisp and crumbled
3 oz. (3/4 c.) Monterey Jack cheese, shredded

Heat oven to 400°. Generously grease 12 muffin cups. In large bowl, combine flour, sugar, baking powder and cayenne pepper; blend well. Add milk, bacon drippings and egg. Stir just until dry ingredients are moistened. Stir in bacon and cheese. Fill prepared muffin cups 2/3 full. Bake for 20-25 minutes or until golden brown. Cool 1-2 minutes before removing from pan. Serve warm. Makes 12 muffins. **Tip:** If using oil, add 1/4 teaspoon salt with dry ingredients.

GLAZED LEMON BREAD

Regina Buenaga

3 tsp. oil
3/4 c. sugar
2 tsp. lemon juice
2 eggs
1 3/4 c. all-purpose flour
2 1/2 tsp. baking powder
1/2 tsp. salt
1/2 c. milk
1 tsp. lemon rind, grated

Glaze:

1 tsp. lemon juice
2 tsp. sugar

Mix oil and sugar. Stir in lemon juice. Add eggs one at a time, beating after each. Mix flour, baking soda and salt. Add to mixture alternately with milk. Stir in lemon rind. Beat well. Spread onto greased and lightly-floured 8 x 4 x 2-inch loaf pan. Bake at 325° for 45 minutes or until tester inserted near center comes out clean. Brush with glaze and return to oven for 5 minutes. Brush again with glaze. Bake 5 minutes more. Let stand on wire rack for 10 minutes, then turn out of pan. Cool. Store in airtight container. Best if allowed to stand for 1 day before cutting. **Glaze:** Mix together lemon juice and sugar. Makes 1 loaf.

PUMPKIN BREAD

Regina Buenaga

3 1/2 c. all-purpose flour
1/4 tsp. baking powder
2 tsp. baking soda
1/2 tsp. salt
1 1/2 c. sugar
1 1/2 c. brown sugar, packed
1 tsp. nutmeg
1 tsp. cloves
1 tsp. cinnamon
1 c. oil
2 c. canned pumpkin
4 eggs

Sift together flour, baking powder, soda, salt and spices. Add sugars and mix well. Mix dry ingredients with oil and pumpkin, stirring until well combined. Add eggs one at a time and blend well. Pour into 2 greased and floured 9 1/2 x 5 1/4-inch loaf pans. Bake at 350°

(continued)

for 50-60 minutes or until tester comes out clean. Cool for 5 minutes. Remove from pans. Place on wire racks to cool completely. Makes 2 (9 1/2 x 5 1/4-inch) loaves.

BUNDY BANANA BREAD

Terri Violet

1 c. sugar
2 eggs
1/2 tsp. salt
1/2 tsp. baking soda
3 T. milk
1/2 c. shortening or butter
2 c. flour
3 over-ripe bananas, mashed

Preheat oven to 350°. Mix all ingredients except bananas together until smooth. Add mashed bananas. Pour into a greased loaf pan and bake 1 hour. Remove and cool out of pan.

BANANA NUT BREAD

Regina Buenaga

3 very ripe bananas
2 eggs
1/2 c. butter or margarine
1 1/2 tsp. buttermilk or sour cream
1 tsp. fresh lemon juice
1 c. sugar
2 c. all-purpose flour
1 1/2 tsp. baking powder
1/2 tsp. baking soda
1 c. walnuts or pecans, chopped

Place bananas, egg, butter, buttermilk or sour cream, lemon juice and sugar into a blender container or processor. Whirl until smooth. Mix together flour, baking powder and baking soda. Pour banana mix over flour mix and stir just until flour is moistened. Stir in nuts. Turn into greased 9 1/2 x 4 1/2-inch bread loaf pan or 2 (3 1/2 x 7 1/2-inch) nut bread pans. Bake at 350° for 55-65 minutes or until bread tests done when a skewer is inserted in the center. Allow to cool 5 minutes in pan, then turn out onto wire racks. Makes 1 loaf.

MEXICAN CORN MUFFINS

Jennifer Merry

1 1/4 c. all-purpose flour
3/4 c. cornmeal
2 T. sugar
3 tsp. baking powder
1/2 tsp. salt
3/4 c. milk
1/4 c. diary sour cream
1/4 c. oil
1 egg
1 (4-oz.) can green chilies, drained and chopped

Heat oven to 400°. Line 12 muffin cups with paper baking cups or grease lightly. Spoon flour into measuring cup and level off. In large bowl, combine flour, cornmeal, sugar, baking powder and salt. Mix well. In medium bowl, combine milk, sour cream, oil, eggs and chilies. Beat well. Add to dry ingredients, stirring just until moistened. Fill muffin cups 2/3 full. Bake at 400° for 18-22 minutes or until light golden brown. Immediately remove from pan. Serve warm. Makes 12 muffins.

LEMON BREAD

Nelda Dasal

1 box lemon cake mix
1 sm. box instant lemon pudding
3 eggs
1/2 c. oil
1/4 c. HOT water

Preheat oven to 350°. Mix all ingredients for 5 minutes. Pour into 2 butter and floured loaf pans. Bake 40 minutes.

ZUCCHINI BREAD

Dolly Vogel

3 eggs, beaten until foamy
1 c. oil
2 c. sugar
2 c. zucchini, peeled and grated
2 tsp. vanilla
3 c. flour
1 tsp. salt
1 tsp. soda
1/2 tsp. baking powder
3 tsp. cinnamon

Add and mix first 5 ingredients well. Stir in remaining dry ingredients and mix well. Add 1 cup chopped walnuts and stir in. Bake in 2 greased and floured loaf pans at 325° for 1 hour or until done. Freezes well.

BOB'S PANCAKE WAFFLES

Bob Baker

1 c. whole-wheat flour
1 1/2 c. white flour
2 T. baking powder
2 T. brown sugar
1 1/2 tsp. salt
2/3 c. powdered milk
1/4 tsp. cinnamon
1/4 tsp. nutmeg
3/4 c. vegetable oil
2 eggs
2 c. plus a little water

Mix dry ingredients. Add eggs to 1/2 cup water and mix slightly. Add to dry ingredients; while mixing, add remaining water. Add oil and mix. Add enough water to make a pourable batter.

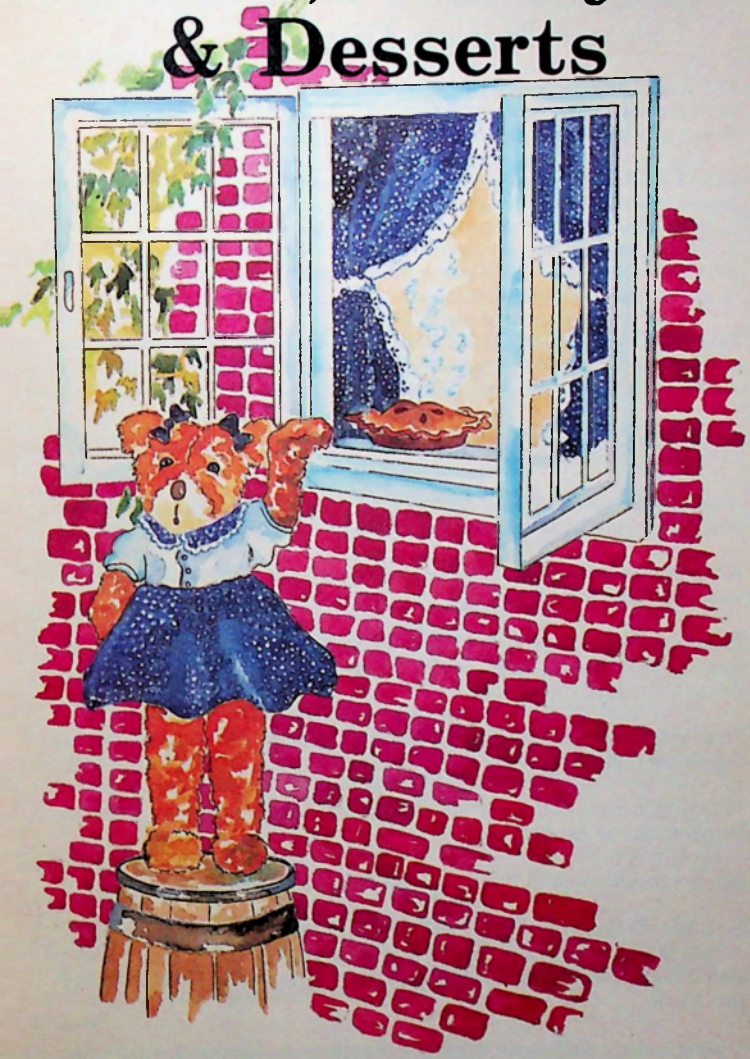
HAPPY APPLE FACES

Annette Easter

1 can biscuits
Sugar
Cinnamon
Raisins
Cherries
Apple slices

Flatten biscuits. Mix cinnamon and sugar together in a paper bag. Shake one biscuit at a time. Remove from bag. Use raisins for eyes, half a cherry for nose and apple slices for mouth. Bake at 350° for 8 minutes. Use a greased cookie sheet.

Pies, Pastry & Desserts



Woman's Work is Never Done....

DO stalk the ants in your pantry, and seal off cracks where they are entering with putty or petroleum jelly. Try sprinkling red pepper on floors and counter tops.

ROACH POISON: Sprinkle or dust it (using a narrow-spouted plastic squeeze bottle) into moldings and crevices. This kills them slowly (6 days or longer) but surely. They will not develop a resistance to it. Boric acid is not absorbed by your skin or inhaled, but it is poisonous if eaten. Use 2 parts flour, 1 part boric acid powder, and ½ part sugar. Mix well or sift.

REFINISH ANTIQUES OR REVITILIZE WOOD: Use equal parts of: linseed oil, white vinegar, and turpentine. Rub into furniture (or wood) with soft cloth and lots of elbow grease.

Rub wax along sliding doors, windows, wooden drawers that stick for ease in sliding.

A simple polish for copper bottom cookware is: equal portions of flour and salt made into a paste with vinegar. Keep in refrigerator.

Anti-freeze poured into the metal slide on your glass door helps prevent ice from forming.

Fabric softener sheets: cut 8-inch squares of pellon and dip in solution of half water, half liquid fabric softener and squeeze out. Reuseable, just dip again.

Iron cleaner: baking soda on a damp sponge will remove starch deposits. (Cold iron.)

Washing soda in the wash will remove stale orders. Baking soda can be used but is expensive.

An old toothbrush is handy for cleaning beaters, graters, etc.

To clean Teflon: combine 1 cup water, 2 tablespoons baking soda, ½ cup liquid bleach and boil in stained pan for 5-10 minutes or till stain disappears. Wash, rinse and dry, condition with oil before using pan again.

A little instant coffee will work wonders on your furniture. Just make a thick paste of your favorite instant and a little water, and rub it into the nicks and scratches on your dark wook furniture. You'll be overjoyed at how new and beautiful those pieces will look.

PIES, PASTRY & DESSERTS

STRAWBERRY PIE

Nancy Simpson

1 c. sugar
2 1/2 T. cornstarch
1 1/4 c. water
1 sm. box strawberry Jello
1 pt. strawberries, washed and sliced
Red food coloring

Bring sugar, water and cornstarch to a boil and cook until thick. Add a little red food coloring and Jello to hot liquid. Pour mixture over strawberries. While hot, pour mixture into a baked pie shell. Serve when set. Ideal topping is whipped cream.

FRUITY FREEZER PIE

Terri Violet

1 (8-oz.) pkg. cream cheese, softened
1 (7-oz.) jar marshmallow creme
1 c. lime, orange or raspberry sherbet, softened
2 c. whipped topping, thawed
1 (9-in.) chocolate or graham cracker crust, prepared

Combine cream cheese and marshmallow creme, mixing at medium speed on electric mixer until well blended. Add sherbet and mix well. Fold in whipped topping. Pour into crust and freeze until firm (overnight is best). Each slice may be decorated with a slice of lime, mandarin oranges or 2-3 raspberries.

BANANA PIE

Nelda Dasal

1 graham cracker pie crust
1 lg. box instant vanilla pudding
1 sm. pkg. cream cheese, softened
1 carton Cool Whip
2 bananas

Slice bananas into pie crust. Mix pudding according to box instructions, except mix cream cheese with milk before adding vanilla pudding. Pour pudding into pie shell. Cover with Cool Whip. **Note:** May substitute coconut, mixing coconut into pudding mixture.

SODA CRACKER PARTY PIE

Lil Baker

3 egg whites
1 c. sugar
1 tsp. vanilla
1 c. whipped cream
1 can crushed pineapple, well drained
1/4 tsp. cream of tartar
18 soda crackers
1/2 c. walnuts, crushed
1/2 c. maraschino cherries, halved

Beat egg whites and cream of tartar until stiff. Fold in sugar with a spoon. Crush crackers medium-fine and add to egg mixture along with vanilla and walnuts. Pour into well-greased pie tin and bake at

(continued)

350° for 25 minutes. Cool. Mix together whipped cream, cherries and pineapple. Pour into shell and chill. May be served with ice cream and strawberries. **Note:** May substitute 2-4 cups Cool Whip for whipped cream.

ANGEL CHIFFON PIE

Dolly Vogel

1 env. unflavored gelatin
3/4 c. water
1/2 tsp. rum flavoring
1 1/2 c. prepared mincemeat
3 egg whites
6 T. sugar
1/8 tsp. salt
1 c. heavy cream, whipped
1 (9-in.) pie shell, baked

Sprinkle unflavored gelatin on water in saucepan to soften. Place over low heat, stirring constantly, until gelatin is dissolved. Remove from heat. Stir in rum flavoring and mincemeat. Chill until mixture mounds slightly when dropped from spoon. Beat egg whites until stiff. Fold in gelatin mixture. Fold in whipped cream. Turn into baked pie shell. If desired, garnish with additional whipped cream. Sprinkle with nutmeg. Mom would always make this pie on holidays. It's light and airy.

HAPPINESS PIE

Jennifer Merry

1 (3 1/4-oz.) pkg. vanilla pudding mix
2 c. milk
1 (8-oz.) pkg. cream cheese, softened
1/2 tsp. vanilla
1 (8-in.) prepared graham cracker crust
20-25 strawberries, hulled
1 pt. blueberries
Whipped cream or other topping (optional)

Combine pudding mix and milk in saucepan. Bring to full boil over medium heat, stirring constantly. Remove from heat and add cream cheese. Stir until smooth. Add vanilla. Let mixture cool for 5 minutes, stirring twice. Pour pudding mixture into graham cracker crust. Refrigerate 3 hours or overnight. Place strawberries in circles around outer edge of pie. Put a large strawberry in center of pie. Place berries over remaining pudding. Serve with whipped cream or other topping if desired.

BLUEBERRY DESSERT PIZZA

Nelda Dasal

1 pkg. white or yellow cake mix
1 1/4 c. quick-cooking rolled oats
1/2 c. margarine, softened
1 egg
1/2 c. nuts, chopped
1/4 c. brown sugar, firmly packed
1/2 tsp. cinnamon
1 (21-oz.) can blueberry pie filling

Preheat oven to 250°. Grease a 9 x 13-inch pan. In a large bowl, combine cake mix, 1 cup oats and 6 tablespoons margarine at low speed until crumbly. Reserve 1 cup crumbs for topping. Blend in egg and press in pan. Bake for 12 minutes. Beat reserved crumbs,

(continued)

1/4 cup oats, 2 tablespoons margarine, chopped nuts, sugar and cinnamon until well mixed. Remove pan from oven. Spread pie filling over base. Sprinkle with reserved crumb mixture. Return to oven for 10-15 minutes or until golden brown.

SOLDIER BOY'S COBBLER

Midge Hamlett

Mix up a good plain cake batter using no more than 2 eggs. Grease bottom of a deep cake pan. Pour batter into cake pan. Pour 1 quart peaches (or any other fruit) into the batter. (Batter will rise to top of pan.) Sweeten fruit good. Bake in a moderate oven until well done. Delicious.

RASPBERRY TRIFLE

Dolly Vogel

1 (3 1/8-oz.) pkg. French vanilla pudding and pie filling (not instant)
2 c. milk
2 (3-oz.) miniature jellyrolls
1 (8-oz.) pkg. cream cheese, softened
1 (4-oz.) container frozen whipped topping, thawed
1/2 c. seedless raspberry preserves

Prepare pudding mix with milk as label directs. Cool. Slice jellyrolls to 3/4 inch thick. Arrange slices in a circle in a 1 1/2-quart glass bowl, halfway up side of bowl. Beat cream cheese in a medium bowl until fluffy. Fold in 1 cup whipped topping. Stir in pudding mixture. Pour into bowl. Cover and chill at least 4 hours. Just before serving, spread remaining 1/2 cup whipped topping over dessert. Drizzle raspberry preserves in pretty pattern on top. Yield: 8 servings.

SHIRLEY'S DELIGHT

Shirley Bancroft

1 stick oleo
1 1/4 c. flour
1/2 c. pecans, finely chopped
1 (8-oz.) pkg. cream cheese
2 sm. pkgs. chocolate instant pudding
1 c. powdered sugar
1 tsp. vanilla
5 c. Cool Whip
3 c. milk

Crust: Blend oleo, flour and pecans until mealy. Press into an ungreased 9 x 13-inch pan. Bake at 375° for 15 minutes, then cool. **Filling:** Mix cream cheese, powdered sugar and 2 cups of the Cool Whip. Spoon into crust. Let stand 1 hour in refrigerator. Mix chocolate instant pudding, vanilla and milk. Pour over cream cheese mixture. Top with 3 cups Cool Whip. Sprinkle with more chopped nuts if desired. Refrigerate. **Note:** When giving this recipe to someone, change the title to "Your Name" Delight.

TWINKIE PIE

Donna Walker

9 Twinkies
4 bananas
1 sm. can pineapple
1 can Eagle Brand milk
1 (8-oz.) carton Cool Whip

Slice Twinkies in half and place in pan. Slice bananas and spread over Twinkies. Combine Eagle Brand milk and Cool Whip and spread mixture over top of Twinkies and bananas.

FLAKY PIE CRUST

Dolly Vogel

3 c. flour
1 1/3 c. shortening
2 tsp. salt
1 egg
5 tsp. water
1 tsp. vinegar

Blend flour and salt with shortening until mixture is uniformly crumbly. Add egg, lightly beaten, with water and vinegar and mix quickly until mixture holds together. Roll on a floured surface. Makes enough for the top and bottom of a 9-inch pie.

NEVER-FAIL PIE CRUST

Donna Walker

2 c. flour
1 c. shortening
1/2 c. milk
1 tsp. salt

Mix flour and salt in a medium bowl. Add shortening and blend together until mixture is crumbly. Add milk and mix together until dough sticks together. Roll out on floured surface. Makes 2 (8-inch) pie crusts.

HERSHEY PIE

Cindy Powers

1 (10-in.) graham cracker crust
20 marshmallows
6 Hershey bars
1/2 c. milk
1 c. whipped cream

Combine marshmallows, Hershey bars and milk in top of double broiler. Heat until chocolate and marshmallows are melted. Cool. Fold in whipped cream. Pour mixture into pie crust. Refrigerate. Serve cold.

MILLION DOLLAR PIE

Ruth Goodson

1 can Eagle Brand milk
1/4 c. lemon juice
8 oz. Cool Whip
1 can coconut
1 c. nuts
1/2 c. cherries, chopped

Beat milk and lemon juice together. Fold in 8 ounces Cool Whip, coconut, nuts and cherries. Pour into prepared graham crust.

CHOCOLATE PIE

Della Jones

1 c. sugar
3 heaping T. flour
2 1/2 T. cocoa
1 pt. (2 c.) boiling water
3 T. butter
1 tsp. vanilla
Pinch salt
1 pie shell, baked

Mix sugar, flour and cocoa together in top of double boiler. Pour boiling water over sugar mixture and cook until thickened. Add vanilla, butter and salt. Pour into pie shell. Chill until firm. Top with meringue or whipped cream. Yield: 4-6 servings.

LEMON PIE

Midge Hamlett

3 T. cornstarch
1 1/2 c. sugar
Juice and rind, grated, of 1 1/2 lemons
3 egg yolks
1 1/2 c. boiling water
1 (9-in.) pie shell, baked

Mix cornstarch with sugar in saucepan. Add lemon juice, grated lemon rind and egg yolks. Beat well with spoon. Add boiling water. Cook over medium heat until thick and clear. Pour into pie shell.

Meringue:

3 egg whites
1/4 tsp. cream of tartar
6 T. sugar

Beat egg whites until stiff with cream of tartar. Gradually beat in sugar. Beat until stiff and glossy. Spread on pie and brown in oven.

TWO-THIRDS PIE

Roberta Hellams

3 eggs
2/3 c. sugar
2/3 c. white Karo syrup
2/3 c. crushed pineapple
2/3 c. coconut
1 pastry shell, unbaked

Beat eggs and sugar until well blended. Add white syrup; beat until creamy. Add pineapple and coconut. Pour into unbaked pastry shell and bake at 300° for 1 hour. Yield: 6 servings.

OREO ICE CREAM DELIGHT (Pastor's Favorite!)

Charlane and Pastor Hunt

1 (1-lb.) pkg. Oreo cookies, crushed
1/2 gal. vanilla ice cream
1 jar roasted peanuts
1 jar caramel ice cream topping
1 (9-oz.) carton Cool Whip
1 stick butter

Crush Oreo cookies and stir in melted butter. Pat this into a 9 x 13-inch pan, reserving some for topping. Slice ice cream and place in cookies. Sprinkle peanuts on top. Drizzle caramel topping and spread with Cool Whip. Sprinkle cookie crumbs on top.

GRAPE ICE CREAM

Shirley Bancroft

1 (12-oz.) can frozen grape juice
1 sm. can crushed pineapple, undrained
1 c. sugar (or more to taste)
1/2 pt. whipping cream
Juice of 4 lemons
Pinch salt
2/3 can milk

Add ingredients and freeze according to freezing instructions.

EVELYN SIMPSON'S ICE CREAM

Nancy Simpson

6 eggs
3 c. sugar
1 can evaporated milk
2 qts. half & half
2 T. vanilla

Combine in a blender and pour in container and freeze. (Electric freezer, or for real fun, hand crank.) **Variation:** For fruity ice cream, omit vanilla and add 3 bananas, 3 peaches or 1 large can crushed pineapple (canned only, not fresh).

PRETZEL MOLD

Charlotte Beatty

1 1/4 sticks margarine
2 T. sugar
2 c. pretzels, crushed
8 oz. cream cheese, softened
1 1/4 c. Cool Whip
2 c. pineapple juice
6 oz. strawberry Jello
16 oz. frozen sweetened strawberries

Melt margarine. Add sugar and pretzels. Press into a 9 x 13-inch pan and bake at 400° for 8 minutes. Whip together cream cheese, sugar and Cool Whip. Spread over completely cooled pretzels. Bring juice to a boil. Dissolve Jello in juices and add strawberries. Gel to gravy thickness and spread over cream cheese layer.

ICE CREAM MUFFINS

Wendy Hansen

2 c. self-rising flour
2 c. vanilla ice cream, softened
1 c. fresh blueberries or peaches (optional)

Mix flour and ice cream together just until moistened. Add fresh blueberries or peaches if desired. Bake at 400° for 15-20 minutes. Makes 12 muffins.

Cakes, Cookies & Candy

The Children's Hour

Child's Party: Push animal shaped cookie cutters lightly into icing. Fill depressed outlines with chocolate icing. ALSO...Fill ice cream cones (flat bottoms) with cake batter half full and bake. Decorate with icing topped with colored sugar.

To teach a child how to put the right shoe on the right foot, mark or tape the inside of the right shoe only.

SPOON FOR BABY: A tablespoon of your measuring spoons set is ideal for baby to eat soup or cereal with. The short handle and deep scoop helps them to get more into their mouth as they learn to feed themselves.

When you are driving, do your children fuss so that you find yourself turning around to intervene? Here's a way to lessen this potentially dangerous situation. Clip an extra mirror on your dashboard or on the sun visor of the car. That way, you will be able to easily see that action in the back seat, and you can give your instructions without having to keep turning around.

Has your child outgrown his favorite sweater? Don't throw it away. Chances are, it is only the sleeves that are too short. Cut off the sleeves and finish the armholes, and he will have a great sweater vest to wear.

Want an inexpensive way to stretch your baby powder? Mix the baby powder with a box of cornstarch or some baking soda and it will go much further. Both of these materials are safe and will stretch your money, too. Cornstarch is just fine to use alone.

Want a good way to wean your baby from his or her bottle? When the time comes to start weaning your baby from the bottle, take the lid off the bottle and let the baby drink from the "old favorite" bottle, then start using a cup from there. Make sure you start with baby's favorite drinks.

Here's a good way to keep your baby's bottle warm when you go somewhere. After the baby's bottle is warmed, just pop it into a wide mouth thermos that has been "warmed" with hot water. Put on the lid. This will keep the bottle just right.

Remember this simple tip when going to outings. A child in colorful clothes is easier to find. Nothing stands out in a crowd like a toddler in red, purple, or yellow.

Is your baby's high chair a mess? A few minutes in the shower will take care of that and save you a lot of scrubbing.

STRAWBERRY CAKE SURPRISE

Cindy Powers

1 can Eagle Brand sweetened condensed milk
1 sm. pkg. instant vanilla pudding
1 c. water
1 pt. heavy whipping cream
1 qt. strawberries, sliced
1 pound cake or yellow cake mix, baked

Beat together pudding, water and Eagle Brand milk until well blended. Refrigerate. Whip cream until stiff. Fold cream and strawberries into pudding mixture (save a few strawberries for top). In a LARGE glass bowl, put a layer of cake pieces alternately with pudding mixture, ending with cream mixture on top. Top with strawberries.

COON HUNTER'S CAKE

Louise Hamlett

Cake:

2 c. self-rising flour
2 c. sugar
1/2 tsp. salt
2 tsp. baking soda
1 lg. can crushed pineapple with juice
1 c. coconut
2 eggs
1 tsp. vanilla

Icing:

1 (8-oz.) pkg. cream cheese
1 tsp. vanilla
1 3/4 c. powdered sugar
1 stick margarine, softened
1/2 c. pecans

Mix first 4 ingredients together. Add remaining ingredients and mix well. Bake at 350° for 30-35 minutes, using a 9 x 13-inch pan. **Icing:** Mix ingredients together in bowl. Spread on cake and sprinkle nuts on top.

DR. BIRD CAKE

Elaine Hamlett

3 c. all-purpose flour, sifted
1 tsp. baking soda
1 T. cinnamon
2 c. sugar
1 tsp. salt
1 1/2 c. cooking oil
1 (8-oz.) can crushed pineapple with juice
1 1/2 tsp. vanilla
3 eggs
2 c. bananas, diced

Mix dry ingredients and blend well. Add remaining ingredients and blend well. Pour into a well-greased and lightly-floured tube pan or a 9 x 13-inch pan. Bake at 350° for 1 hour.

BLACK WALNUT CAKE

Elaine Hamlett

1/2 c. shortening
1 c. sugar
1 3/4 c. flour, sifted
2 tsp. baking powder
1/4 tsp. salt
1/2 c. coffee, cold
3 egg whites, stiffly beaten
3/4 c. black walnuts

Blend shortening and sugar. Stir dry ingredients together and add alternately with coffee. Beat thoroughly. Fold in egg whites. Stir in black walnuts. Grease and flour 2 (7-inch) layer cake pans. Bake at 350° for 30 minutes.

ITALIAN COCONUT CAKE

Elaine Hamlett

2 c. flour
2 c. sugar
5 eggs, separated
1 stick oleo
1/2 c. Crisco
1 c. buttermilk
1 tsp. soda
2 c. coconut
1/2 c. pecans, chopped
1 tsp. vanilla

Cream together sugar, egg yolks, oleo and Crisco. Add flour, milk, soda, coconut, pecans and vanilla. Fold in beaten egg whites. Bake at 350° for 1 hour or until done.

Icing:

8 oz. cream cheese
1 stick oleo

Cream together, then add 1 box sifted powdered sugar and 1 teaspoon vanilla. Spread on cake and sprinkle coconut on top.

LITTLE CHEESECAKES

Linda Miriam

2 (8-oz.) pkgs. Philadelphia cream cheese
3/4 c. sugar
2 eggs
Vanilla wafer cookies
1 tsp. vanilla
1 T. lemon juice

Heat oven to 375°. Place a vanilla wafer in the bottom of each muffin tin. Use paper liners. Beat cream cheese and sugar. Stir in vanilla and lemon juice. Beat in one egg at a time and pour some mixture on top of each vanilla wafer. Bake 15 minutes. When cool, add canned fruit of your choice, about 1 tablespoon per cheesecake.

CHERRY DUMP CAKE

Ruth Goodson

1 (20-oz.) can crushed pineapple
1 (21-oz.) can cherry pie filling
1 box yellow cake mix
1 stick plus 2 T. butter
1/2 c. nuts, chopped

Grease and flour a 9 x 13-inch baking pan. Spread pineapple evenly over bottom of pan. Pour cherry pie filling over pineapple. Spread cake mix from box over cherries. Drizzle melted butter over

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cake mix. Sprinkle nuts over top. Bake at 350° for 1 hour or until done.

PINEAPPLE SHEET CAKE

Nancy Simpson

2 c. flour
2 c. sugar
2 eggs
1/2 c. oil
1 tsp. baking soda
1 lg. can crushed pineapple

Drain pineapple and use liquid to mix above ingredients. Add pineapple and bake in a sheet pan for 25 minutes at 350°. When cake has baked for 15 minutes, start icing.

Icing:

1 c. sugar
3/4 c. milnot
1 stick margarine

Cook for 8 minutes. Take cake from oven when done and sprinkle with coconut and 1 cup chopped nuts. Immediately pour icing over cake.

BUTTER CAKE

Donna Walker
Dorothy Ryan

Crust:

1 yellow cake mix
1 egg
1 stick butter, melted

Filling:

1 (8-oz.) pkgs. cream cheese
1 box powdered sugar
2 eggs
1 tsp. vanilla

Mix all ingredients for crust and put in lightly-greased pan. Press around like you would with a pie crust. Mix all ingredients for filling and pour into crust. Bake at 350° for 30 minutes. Don't overbake as it will become hard.

CHOCOLATE SURPRISE CUPCAKES

Charlane Hunt
Debbie Lewis

1 box chocolate cake mix
1 (8-oz.) pkg. Philadelphia cream cheese
1 c. chocolate chips
1 egg, beaten
Dash salt
1/3 c. sugar

Mix chocolate cake according to box instructions and set aside. Mix all other ingredients together to make filling. Fill cupcake pan 1/2 full with chocolate mix. Add 1 tablespoon cream cheese filling. Bake at 350° for 30-45 minutes or until done. Let cool, then ice and serve.

CHERRY DELIGHT

Sandy Whittington

6 egg whites
3/4 tsp. cream of tartar
2 c. sugar
2 tsp. vanilla
2 c. saltine crackers, crushed
3/4 c. pecans, chopped
2 pkgs. Dream Whip
1 lg. can cherry pie filling

Beat egg whites until fluffy. Add cream of tartar and sugar gradually to egg whites while beating. Add vanilla and beat until very stiff. Mix lightly-crushed saltine crackers and chopped pecans. Fold into egg white mixture. Spread into a 9 x 13-inch pan and bake at 325° for 30-35 minutes. Let cool. Whip 2 packages Dream Whip. Spread evenly over top of cooled saltine-egg white mixture. Carefully pour cherry pie filling evenly over Dream Whip. Chill overnight.

ICE CREAM CONE CAKE

Lil Baker

2-layer cake batter
14 flat-bottomed ice cream cones
White frosting
Food coloring
Shortening
Aluminum foil, cut into 9 x 9 1/2-inch strips (1 per cone)

Preheat oven to 350°. Fold foil in half crosswise. Grease in side of foil collar. Form collars for cones by wrapping foil tightly around cones. Use Scotch tape to secure. Strips should extend 2 inches above the cones. Pour batter to top of cones only. Place upright on cookie sheet. Bake 30 minutes or until done. Cool on wire racks. When cool, remove foil. Tint frosting with a variety of colors and frost cones.

ORANGE CAKE

Charlotte Beatty

1 box yellow cake mix
4 eggs
1/2 c. oil
1 can mandarin oranges with juice

Beat together cake mix, eggs, oil and juice. Cut up oranges and fold into mix. Put into 3 (8 or 9-inch) cake pans.

Frosting:

1 lg. can crushed pineapple, drained
1 (8-oz.) carton Cool Whip
1 box instant vanilla pudding

Mix pineapple and Cool Whip together. Add pudding. Spread between layers and on top of cake. Keep in refrigerator. Make 1 day before serving.

STRAWBERRY CREAM BAVARIAN

Dolly Vogel

1 (3-oz.) pkg. strawberry gelatin
1 c. boiling water
1 (8-oz.) carton strawberry yogurt
4 c. (about 2 baskets) fresh strawberries, sliced
6 T. sugar
1 pt. real whipping cream, whipped
1 (8 or 9-in.) angel food cake
Whipped cream for garnish
Strawberries for garnish

Dissolve gelatin in boiling water. Chill until consistency of beaten egg white. Whip until frothy. Fold in yogurt. Add strawberries, sweetened with 6 tablespoons sugar. Fold in real whipped cream. Break cake into small pieces, about 1 inch, and fold into mixture. Pour into angel food cake pan, springform pan or use a 9 x 13-inch baking pan. Refrigerate several hours or overnight. Freeze if desired. To serve, unmold and garnish with additional whipped cream and strawberries. Makes 12-15 servings.

CHEESECAKE

Jennifer Merry

Crust:

2 c. graham cracker crumbs
1/2 c. margarine or butter

Filling:

3 eggs
2 (8-oz.) pkgs. cream cheese, softened
1 c. sugar
1/4 tsp. salt
2 tsp. vanilla
3 c. dairy sour cream

Heat oven to 350°. In medium bowl, combine crust ingredients. Press over bottom and 1 1/2 inches up sides of a 10-inch springform pan. In a large bowl, beat eggs. Add cream cheese, sugar, salt and vanilla; beat until smooth. Add sour cream and blend well. Pour into crust-lined pan. Bake at 350° for 60-70 minutes or until set (center will be soft). Cool in pan 5 minutes. Remove sides from pan and cool completely. Store in refrigerator. Makes 16 servings.
Tip: To prevent cracks in top of cheesecake, place a pan of water on rack below cheesecake while baking.

INDIANA CHEESECAKE

Terri Violet

30 graham crackers (save 1/4 for top)
1/4 lb. margarine
2 sm. pkgs. Jello
1 1/2 c. hot water
1 lg. can Milnot
1 c. sugar
1 lg. and 1 sm. pkg. cream cheese

Set cream cheese out to soften. Dissolve hot water and Jello. Cool Jello until syrupy. Whip Milnot until very stiff. Add sugar to cream cheese and whip with beater until smooth. Add Jello to cream cheese mixture and whip enough to blend. Fold mixture into whipped Milnot. Put 3/4 of the cracker crumbs, mixed with marga-

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rine, into the bottom and sides of a pan and press down. Pour cheesecake batter on top of graham cracker crumb crust. Sprinkle remainder of cracker crumbs on top. Chill cheesecake for 3 hours or until set.

CHOCOLATE SWIRL CHEESECAKE

Regina Buenaga

1 (6-oz.) pkg. Nestle Toll House semi-sweet chocolate morsels
1/2 c. sugar
1 1/4 c. graham cracker crumbs
2 tsp. sugar
2 (8-oz.) pkgs. cream cheese, softened
3/4 c. sugar
1/2 c. sour cream
1 tsp. vanilla extract
4 eggs

Preheat oven to 325°. Over hot (not boiling) water, combine Nestle Toll House semi-sweet chocolate morsels and 1/2 cup sugar. Heat until morsels melt and are smooth. Remove and set aside. In a small bowl, combine graham cracker crumbs, 2 tablespoons sugar and butter. Pat firmly into a 9-inch springform pan, covering the bottom and 1 inch up the sides. Set aside. In a large bowl, add cream cheese, 3/4 cup sugar, sour cream and vanilla extract. Add eggs and beat well. Divide batter in half and stir chocolate mix into one half. Pour plain butter in crumbs pan. With a knife, swirl chocolate batter through plain batter or marbleize. Bake 50 minutes or until only a 2-3 inch circle in center with shake. Cool at room temperature. Refrigerate. Add cherries on top. It's great!

BANANA SPLIT CAKE

Charlotte Beatty

2 c. graham cracker crumbs
3 sticks margarine (2 at room temperature)
1 lg. carton Cool Whip
Pecans, chopped
1/4 c. sugar
1 box powdered sugar
2 eggs
1 tsp. vanilla
5 bananas, sliced
1 can crushed pineapple, drained
Maraschino cherries

Melt 1 stick of margarine. Mix graham cracker crumbs and sugar. Add melted margarine and press into a 9 x 13-inch pan. Mix 2 sticks margarine, powdered sugar, eggs and vanilla together. Blend in mixer for 15 minutes. Spread filling on top of crust. Slice bananas over filling, then pineapple, then Cool Whip. Add chopped pecans and cherries on top. Chill well.

BANANA SPLIT CAKE

Ruth Goodson

2 c. graham cracker crumbs
6 T. butter
1 (5-oz.) pkg. or 2 (3 1/2-oz.) pkgs. instant vanilla pudding
3 bananas, sliced
1 (20-oz.) can crushed pineapple in heavy syrup, drained
1 (12-oz.) container whipped topping
Nuts, ground
Maraschino cherries

Mix together graham cracker crumbs and butter. Pat mixture into a 9 x 13-inch baking dish. Set aside. Mix pudding according to package instructions. Spread pudding evenly over graham cracker crumbs. Cover with bananas, then pineapple and whipped topping. Garnish with ground nuts and cherries.

CHERRY COFFEE CAKE

Debbie Lewis

2 1/2 sticks margarine
1 1/2 c. sugar
4 tsp. vanilla
4 egg yolks, beaten until peaks form
2 c. flour, sifted
1 can cherry pie filling

Cream margarine and sugar. Blend in beaten egg yolks and vanilla. Fold in egg whites and flour. Spread mixture on a greased 12 x 8 x 1-inch cookie sheet. Bake at 350° for 45 minutes. After cool, top with glaze of 1/2 cup confectioners' sugar and milk.

EVELYN SIMPSON'S BROWNIES

Nancy Simpson

3/4 c. flour
1/2 c. soft shortening
1/2 tsp. baking powder
1/2 tsp. salt
1 c. sugar
2 eggs, unbeaten
1 tsp. vanilla
2 squares chocolate, melted
1 c. nuts (optional)

Mix together and bake in greased pan at 350° for 30-35 minutes.

ROLLED COOKIE DOUGH

Midge Hamlett

1 c. Crisco
2/3 c. sugar
2 tsp. vanilla
2 eggs, unbeaten
2 1/2 c. flour, unsifted

Combine all ingredients except flour by hand mixer until well blended. Add flour. Roll out to 1/2 inch thick. Place on a greased cookie sheet and bake at 350° for 10-12 minutes. Use various cookie cutter shapes. Always popular at elementary school parties. Frost with vanilla ready-to-spread frosting.

MAGIC COOKIE BARS

Donna Morrison

1/2 c. butter or margarine
1 1/2 c. graham cracker crumbs
1 (14-oz.) can sweetened condensed milk
1 (6-oz.) pkg. semi-sweet chocolate morsels
1 (3 1/2-oz.) can flaked coconut

Preheat oven to 350° (325° for glass dish). In a 9 x 13-inch baking pan, melt butter and sprinkle crumbs over. Pour sweetened condensed milk evenly over crumbs. Top evenly with remaining ingredients. Press down gently. Bake 25-30 minutes or until lightly browned. Cool thoroughly before cutting. Store loosely covered at room temperature. Makes 24 bars.

CINNAMON COOKIES

Jennifer Merry

1/2 c. sugar
1/2 c. butter, softened
1 tsp. vanilla
1 egg
1 1/4 c. flour
2 tsp. cinnamon

Glaze:

1/4 c. light rum or water
1 1/2 c. powdered sugar

In large bowl, mix sugar and butter together until light and fluffy. Add egg and vanilla; beat well. Add flour and cinnamon; mix well. Dough will be sticky. Cover with plastic wrap. Refrigerate 1 hour for easier handling. Heat oven to 350°. Grease cookie sheet. Roll out dough on floured surface to 1/8-inch thickness. Cut with floured cutter. Bake 8-12 minutes. Cool completely. **Glaze:** In a small saucepan, bring rum or water just to boil. Remove from heat and cool slightly. Add powdered sugar and beat until smooth. Frost or drizzle over cooled cookies. Makes 3 dozen.

KOLANCHKY COOKIES (Refrigeration Needed)

Terri Violet

1/2 lb. butter or margarine
1 (3-oz.) pkg. cream cheese
1 3/4 c. flour, pre-sifted
1 T. cream
1 egg yolk
Fruit preserves

Preheat oven to 375°. Mix all ingredients except preserves. Refrigerate overnight or until firm enough to roll out. Cut out with around cookie cutter or small glass dipped in flour. Put 1/2 inch apart on a cookie sheet. Make a dent in the center of the cookie and fill with preserves. Bake 6-8 minutes or until edges are light brown. Makes about 75 cookies.

OREO COOKIE SURPRISE

Donna Walker

1 lg. pkg. Oreo cookies
1 (12-oz.) carton Cool Whip
1 (8-oz.) pkg. cream cheese
2 boxes instant vanilla pudding
3 1/2 c. milk

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Unscrew the Oreo cookies. Separate the ones with the most cream fillings from the ones with just cookie. Crumble the just cookie parts to form a cookie crumb crust. Place in bottom of a 13 x 9 x 2-inch pan. In a large mixing bowl, place the cream Oreos and slowly mix in other ingredients, breaking up the Oreos as you mix. Pour over cookie crust. Refrigerate until firm. Spoon out and dig in!

HOMEMADE OREOS

Annette Easter

1 box devil's food cake mix
1 egg
1 stick margarine

Blend together and roll into balls. Bake at 350° for 9-13 minutes.

Filling:

2 c. powdered sugar
1/2 tsp. vanilla
1/4 c. Crisco shortening
1 egg white

Blend together and spread mixture between cookies.

CHOCOLATE CRACKLES

Dolly Vogel

1 c. semi-sweet chocolate pieces
1 c. brown sugar, packed
1/3 c. oil
2 eggs
1 tsp. vanilla
1 c. flour
1 tsp. baking powder
1/4 tsp. salt
1/2 c. walnuts, chopped
Powdered sugar

Melt chocolate. Combine with sugar and oil. Add eggs one at a time and beat well. Add vanilla. Combine flour, baking powder and salt. Add to chocolate mixture. Stir in nuts and chill dough. Drop by teaspoonsful into powdered sugar. Roll to coat. Place on a greased cookie sheet. Bake at 350° for 10-12 minutes. Cool on rack. Makes 4 dozen cookies.

OATMEAL COOKIES

Laura Parsons - submitted by Lil Baker

1 box spice cake mix
2 eggs
3/4 c. oil
2 c. or less raisins
2 c. rolled oats, not quick
1/2 c. milk
1/4 c. brown sugar
1 c. pecans, chopped

Heat oven to 350°. Combine all ingredients and mix well. Drop by teaspoon onto ungreased cookie sheet. Bake 12 minutes or test with toothpick. Cool on rack. DON'T OVERBAKE!

$1400 CHOCOLATE CHIP COOKIES

Kathy Forster

4 sticks butter or margarine
2 tsp. vanilla
2 c. sugar
2 c. brown sugar
4 eggs
5 c. oatmeal, uncooked and ground in blender
4 c. all-purpose flour
2 tsp. baking soda
1 tsp. salt
2 (24-oz.) bags chocolate chips
1 (8-oz.) chocolate bar, grated
3 c. nuts, chopped

Cream butter or margarine and sugars together. Add eggs and vanilla; cream again. Sift flour and add to ground oatmeal. Add baking soda and salt. Mix well and add to creamed mixture. Add grated chocolate bar, chocolate chips and nuts. Place tablespoon of cookie dough 2 inches apart on an ungreased cookie sheet. Place in preheated 375° oven and bake 6-10 minutes or until light brown. Makes 6 dozen.

UNBELIEVABLE COOKIES

Shirley Bancroft

1 c. sugar
1 c. peanut butter, chunky
1 egg

Mix all together and bake 5 minutes at 350° on a lightly-greased pan.

JO'S PECAN COOKIES

Nancy Simpson

3/4 c. brown sugar
1 egg white
3 c. pecans

Mix together brown sugar and egg white. Add pecans. Coat thoroughly and drop by spoonfuls onto greased cookie sheet. Cook in oven for 30 minutes at 250°.

NITTY NITE COOKIES

Nancy Simpson

2 egg whites
1/2 c. sugar
1 c. chocolate morsels
1 c. pecans

Turn oven to 350°. Beat egg whites to peak. Add sugar, beating well. Fold in morsels and pecans. Drop 1 teaspoon at a time onto a greased baking sheet. Turn off oven, placing baking sheet in oven. Take out when you get up in the morning.

DOUBLE CHOCOLATE COOKIES

Donna Walker

1 box devil's food cake mix
2 eggs
1/2 c. cooking oil
1 c. chocolate chips

Mix all ingredients together. Drop on a cookie sheet and bake for 8 minutes at 350°. (May also leave out chocolate chips and put in Hershey's candy kisses in center to make candy kiss cookies.)

MAPLE GLAZED APPLE COOKIES

Regina Buenaga

1/2 c. butter or margarine
1 c. brown sugar, packed
1 tsp. salt
1 tsp. cinnamon
1/4 tsp. nutmeg
1/4 tsp. cloves
1 egg
2 c. all-purpose flour
1 tsp. baking soda
1/4 c. milk
2 c. fresh apple, chopped

Glaze:

1 tsp. butter, melted
1 c. powdered sugar
1/4 tsp. maple flavoring
2-3 T. milk

Cream butter with sugar. Add salt, cinnamon, nutmeg, cloves and egg. Blend well. Stir in flour with baking soda and milk until well blended. Stir in apples. Drop by small spoonsful onto an ungreased cookie sheet. Bake at 400° for 10-12 minutes or until cookies are firm when touched, but not overly browned. Meanwhile, stir together butter, powdered sugar, maple flavoring and milk to make a smooth glaze. Dot top of each cookie with about 1/2 teaspoon of glaze. Cool. Allow glaze to set before storing in an airtight container. Yield: 48 cookies.

BIG SOFT GINGER COOKIES

Dolly Vogel

2 1/4 c. flour
2 tsp. ground ginger
1 tsp. baking soda
3/4 tsp. ground cinnamon
1/2 tsp. ground cloves
1/4 tsp. salt
1 egg
1/4 c. molasses
2 T. sugar

Combine flour, ginger, soda, cloves and salt; set aside. In a large mixing bowl, beat butter, margarine or shortening with an electric mixer on low speed for 30 seconds to soften. Gradually add 1 cup sugar and beat until fluffy. Add egg and molasses; beat well. Stir dry ingredients into beaten mixture. Shape into 1 1/2-inch balls (1 heaping tablespoon dough each). Roll in 2 tablespoons sugar and place on ungreased cookie sheet about 2 1/2 inches apart. Bake at 350° for 10 minutes or until light brown and still puffed. DON'T OVERBAKE. Let stand for 2 minutes before transferring to a wire rack. Cool. Makes 24 (3-inch) cookies.

OAT-PEANUT BUTTER GIANT COOKIES

Midge Hamlett

1 1/4 c. all-purpose flour
1 tsp. baking powder
1 tsp. baking soda
1/4 tsp. salt
2 1/2 c. quick-cooking rolled oats, uncooked
1 c. (2 sticks) margarine
1 c. peanut butter, creamy or chunky
1 c. granulated sugar
1 c. brown sugar, firmly packed
2 eggs
1 tsp. vanilla

In medium bowl, stir together flour, baking powder, baking soda and salt. Mix in oats and set aside. In large bowl of an electric mixer on medium speed, beat margarine and peanut butter until smooth. Beat in sugars until blended. Beat in eggs and vanilla. Add flour mixture and mix by hand until hand until well combined. Shape dough into 2-inch balls. Place on ungreased cookie sheet and flatten. Bake at 350° for 15-17 minutes. Store tightly covered. Makes 24 cookies.

CHOCOLATE CHIP COOKIES OR BARS

Dorothy Ryan

2 1/4 c. flour, sifted
1 tsp. baking soda
1 tsp. salt
1 c. vegetable oil
3/4 c. granulated sugar
3/4 c. brown sugar, packed
1 tsp. vanilla
1/2 tsp. water
2 eggs
2 c. (12 oz.) Nestle semi-sweet chocolate chips
1 c. nuts, coarsely chopped (optional)

Preheat oven to 375°. Combine first 3 ingredients. Combine sugar, oil and vanilla. Beat until creamy. Beat in nuts and drop by teaspoon onto cookie sheet. Bake 10-12 minutes. Makes 100 (2-inch) cookies.

OATMEAL RAISIN COOKIES

Terri Violet

3/4 c. vegetable shortening
1 c. brown sugar, firmly packed
1/2 c. sugar
1 egg
1 tsp. cinnamon
1/2 tsp. nutmeg
1/8 tsp. cloves
1/4 c. water
1 tsp. vanilla
3 c. oatmeal, uncooked
1 c. flour
1/2 tsp. baking soda
Raisins to taste

Preheat oven to 350°. Beat together shortening, sugar, eggs, water and vanilla until creamy. Combine remaining ingredients and add; mix well. Drop by teaspoonsful onto a greased cookie sheet. Bake for 12-15 minutes. Makes about 5 dozen cookies.

PEANUT BUTTER COOKIES

Dolly Vogel

Mix together thoroughly:

1/2 c. butter, softened
1/2 c. peanut butter
1/2 c. sugar
1 egg

Stir in:

1 1/4 c. flour
1/2 tsp. baking powder
1/4 tsp. soda
1/4 tsp. salt

Roll into balls the size of large walnuts. Place 3 inches apart on a lightly-greased baking sheet. Flatten with fork dipped in sugar. Crisscross. Bake until set but not hard, 10-12 minutes, at 350°. (This is the first cookie recipe that I learned to make. I have a picture of me making these at age 4.)

FUDGE NUT BROWNIE COOKIES

Midge Hamlett

1 (21 1/2-oz.) pkg. Pillsbury brownie mix
1/2 c. flour
1/2 c. water
1/4 c. vegetable oil
1 egg
1 (6-oz.) pkg. chocolate chips
1 c. walnuts or pecans, chopped
1 can Pillsbury Ready to Spread chocolate fudge frosting (Supreme if desired)

Heat oven to 350°. Generously grease cookie sheets. In a large bowl, combine brownie mix, flour, water, oil and egg. By hand, stir with spoon until dough is formed. Stir in chocolate chips and nuts. Drop rounded teaspoonfuls 2 inches apart onto a greased cookie sheet. Bake at 350° for 8-12 minutes. Cool 1 minute. Remove from cookie sheets and cool completely. Frost cookies with chocolate fudge frosting. Makes 3 dozen cookies. **Tip:** For a thicker cookie, add an additional 2-4 tablespoons flour.

DAVE'S SNICKERS (Snickerdoodles)

Dolly Vogel

Mix thoroughly:

1 c. shortening, softened (part butter)
1 1/2 c. sugar
2 eggs

Stir in:

2 3/4 c. flour
2 tsp. cream of tartar
1 tsp. soda
1/4 tsp. salt

Roll into balls the size of walnuts. Roll in mixture of 1 tablespoon sugar and 2 teaspoons cinnamon. Place 2 inches apart on ungreased baking sheet. Bake until lightly browned, but soft. (These cookies puff up at first, then flatten out.) Bake 8-10 minutes at 400°.

BIG COOKIE

Annette Easter

Mix 1 stick softened butter or 1/2 cup Crisco shortening with 1/3 cup packed brown sugar and 1/4 cup white sugar. Beat in 1 egg, 1 teaspoon vanilla, 1 1/3 cups flour, 1/2 teaspoon baking soda and 1/4 teaspoon salt. Fold in 1 (12-ounce) package chocolate chips and 1/2 cup nuts (optional). Spread dough on well-greased pizza pan. Bake 15-20 minutes at 350°.

HONEY SAND BALLS

Dolly Vogel

1 c. butter (not margarine), softened
1/2 c. powdered sugar, sifted
2 T. honey
2 c. flour
3/4 c. walnuts, chopped
1 tsp. vanilla
1/4 tsp. salt
Powdered sugar

In a large mixing bowl, beat together butter, 1/2 cup powdered sugar and honey. Add flour, nuts, vanilla and salt. Mix thoroughly, using hands if necessary. Shape into 1-inch balls and place 1 1/2 inches apart on a greased cookie sheet. Bake at 325° for 14-16 minutes or until the cookies are barely tinged with brown. While cookies are still warm, roll them with powdered sugar. Cool. Roll cookies in powdered sugar again. Makes 48 cookies.

CARAMEL-CHOCOLATE SQUARES

Midge Hamlett

1 (14-oz.) pkg. caramels
1 (5-oz.) can evaporated milk
1 pkg. German chocolate cake mix
2/3 c. margarine or butter, melted
3/4 c. pecans or walnuts, coarsely chopped
1 (6-oz.) pkg. semi-sweet chocolate morsels
1 c. flaked coconut

Heat oven to 350°. Heat caramels and 1/4 cup of the milk in saucepan over medium heat, stirring constantly, until melted and mixture is smooth. Keep mixture warm over low heat, stirring occasionally. Mix cake mix (dry), margarine, remaining milk and the pecans. Spread half of the dough (1 1/2 cups) in an ungreased rectangular 13 x 9 x 2-inch pan. Bake 6 minutes and remove from oven. Sprinkle chocolate chips and coconut over baked layer. Drizzle caramel mixture over chocolate chips and coconut. Drop remaining dough by teaspoonfuls onto caramel layer, spreading evenly. Bake until cake portion is slightly dry to the touch, 15-20 minutes more. Makes 48 bars.

PEANUT BUTTER BURST COOKIES

Midge Hamlett

2 c. all-purpose flour
1 tsp. baking powder
¼ tsp. salt
1 c. butter, softened
¾ c. brown sugar, firmly packed
½ c. sugar
½ tsp. vanilla extract
1 egg
1 (12-oz.) pkg. Nestle peanut butter morsels

Preheat oven to 375°. In a small bowl, combine flour, baking powder and salt; set aside. In a large bowl, combine butter, brown sugar, sugar and vanilla extract. Beat at medium speed until creamy. Add egg and beat well. Turn mixer to low. Gradually add flour mixture. Stir in Nestle peanut butter morsels. Drop by rounded teaspoons onto ungreased cookie sheets. Bake 7-9 minutes. Let cool 2 minutes before removing from cookie sheets. Cool completely. Makes 6 dozen cookies.

MISSISSIPPI MUD BARS

Dolly Vogel

4 eggs
1 c. butter or margarine, softened
2 c. sugar
1 tsp. vanilla
1½ c. flour
¼ c. unsweetened cocoa
Dash salt
1 c. pecans or walnuts, chopped
1 (7-oz.) jar marshmallow creme

Frosting:

⅓ c. butter or margarine
½ c. unsweetened cocoa
⅓ c. milk
1 tsp. vanilla
2½ c. confectioners' sugar

Preheat oven to 350°. Grease a 13 x 9-inch pan and set aside. In a large mixer bowl, with electric mixer at medium speed, beat eggs, butter or margarine, sugar and vanilla until light and fluffy, scraping sides of bowl occasionally. Add flour, cocoa and salt; beat just until blended. Fold in nuts. Spread batter evenly in pan. Bake 40-45 minutes. Immediately place dollops of marshmallow creme on cake; spread until smooth. Let cool on wire rack for at least 1 hour before frosting, or chill about 30 minutes. **Frosting:** In a medium saucepan, melt butter or margarine. Stir in cocoa and cook 1 minute. Remove from heat. Add remaining frosting ingredients. Stir until smooth. Spread on top of marshmallow creme. When frosting has cooled, cut into 1-inch squares. Makes 7 dozen. Freezes well up to 3 months.

CANDIED WALNUTS

Nancy Simpson

2 c. walnuts
1 c. brown sugar
1/2 c. granulated sugar
1/2 c. light cream or half & half
2 T. light corn syrup
1 T. butter (it's better with butter)
1 T. vanilla

Combine sugar, cream and syrup. Cook until soft-ball stage. Be sure to cook enough! DON'T STIR! Add butter and vanilla. Cool to lukewarm. Beat until candy looses gloss. Add nuts to mixture, then turn on to butter-greased cookie sheet and separate. It should almost be candy.

PEANUT BUTTER FUDGE

Ruth Goodson
Shirley Bancroft

4 c. sugar
1 c. evaporated milk
1 stick (1/2 c.) margarine
1 (12-oz.) jar creamy peanut butter
1 (12-oz.) jar marshmallow creme
2/3 c. flour
1 c. nuts, chopped (optional)

Cook first 3 ingredients for 5 minutes. Take off burner and put in peanut butter and marshmallow creme; beat well. Gradually add flour until well blended. Stir in nuts and pour into a 9 x 13-inch buttered pan.

FUDGE NOUGATS

Ruth Goodson

2 c. sugar
1 c. evaporated milk
1 stick (1/2 c.) butter or margarine
1 c. chocolate chips
3/4 c. flour
1 c. graham cracker crumbs
1 tsp. vanilla
1 c. nuts, chopped

Combine sugar, evaporated milk and margarine in saucepan. Bring to a boil and boil for 10 minutes, stirring frequently. Remove from heat and add chocolate chips. Stir until melted. Add remaining ingredients. Stir until blended and pour into a buttered pan or dish. Cut in squares when cool.

MARSHMALLOW CREME FUDGE

Regina Buenaga

1 (7 1/2 to 13-oz.) jar marshmallow creme
1 1/2 c. sugar
2/3 c. evaporated milk
1/4 c. butter
1/4 tsp. salt
1 (12-oz.) pkg. (2 c.) Nestle Toll House chocolate morsels
1/2 c. nuts, chopped
1 tsp. vanilla extract

In a medium saucepan, combine marshmallow creme, sugar, evaporated milk, butter and salt. Bring to a full boil. Stir constantly over moderate heat. Boil 5 minutes and remove from heat. Add chocolate morsels and stir until melted and mixture is smooth. Stir in

(continued)

nuts and vanilla extract. Pour into foil-lined 8-inch square pan. Chill in refrigerator until firm, about 2 hours.

COCONUT-PECAN FROSTING

Midge Hamlett

1 egg
2/3 c. evaporated milk
2/3 c. sugar
1/4 c. butter or margarine
Dash salt
1 1/3 c. flaked coconut
1/2 c. pecans, chopped

In a saucepan, beat egg slightly. Stir in milk, sugar, butter or margarine and salt. Cook and stir over medium heat for about 12 minutes or until thick and bubbly. Stir in coconut and pecans. Cool thoroughly and spread on cake. Frosts top of 1 (13 x 9-inch) cake or 2 (8 or 9-inch) layers.

Recipe Favorites

CAKES, COOKIES & CANDY

This & That

Potpourri

Vinegar can remove spots caused by tomatoes. Soak spot with vinegar and wash as usual.

To freshen your dishwasher run it on rinse with some baking soda.

Drops of oil of cinnamon, cotton balls soaked in your favorite perfume or disinfectant will leave room smelling fresh after you vacuum.

Things to keep in the kitchen: a ruler, scissors, small hammer, flashlight, candle and matches, and tape.

Egg whites need to be room temperature for greater volume when whipped.

To freeze eggs: Spray ice cube trays with oil. Beat eggs and add ¾ teaspoon sugar and ¼ teaspoon salt for every ½ dozen. Pour into trays and freeze firm. Store in airtight containers in freezer. One cube equals one egg.

A leaf of lettuce dropped into the pot absorbs the grease from the top of the soup. Remove the lettuce and throw it away as soon as it has served its purpose.

Use steel wool covered with fabric for a pin and needle sharpener.

Attach curtain rings on drawstring ties and the ties won't come out.

Separate 2 glasses by filling the inside one with cold water and setting the other in hot.

Have you heard: A wife can throw out with a spoon what it takes a man to bring in with a shovel! Use of a spatula can save some hard earned money.

Old Amish Proverb: Eat it up, wear it out, make it do, or do without!

Organize coloring books and crayons with a dish drainer.

For quick and handy seasoning while cooking, keep on hand a large shaker containing six parts of salt and one of pepper.

Line crockpot with foil for easy clean up.

Measure shortening easily by using measure twice the size needed. Pour in equal amount of very cold water and drop shortening in by spoonfuls to twice the measure.

Before scalding milk, rinse pan with cold water for easy clean up.

THIS & THAT

CHILDREN'S PLAY DOUGH

Lil Baker

1 c. flour
1 c. water
1 c. salt
2 tsp. cream of tartar
1 tsp. baby oil
Food coloring

In heavy saucepan, mix dry ingredients. Add oil, water and food coloring. Cook 3 minutes or until mixture pulls away from the sides of the pan. Knead slightly on waxed paper. Store in plastic or airtight containers. Will keep several weeks.

GRANOLA

Lil Baker

5-7 c. oatmeal
1 c. soy or whole-wheat flour
1 c. sunflower seeds
1 c. sesame seeds
1 c. coconut
1 c. wheat germ
1 c. powdered skim milk
1/4 c. brown sugar
1 c. honey or maple syrup
1 c. vegetable oil

Mix dry ingredients together in a large baking bowl. In a saucepan, bring honey and oil to a boil. Distribute evenly over dry ingredients, stirring well. Bake at 275°, stirring every 20 minutes until desired brownness, about 1 hour. Stir a few times as granola cools.

TRASH

Sandy Whittington

1/2 box Cheerios (smallest box)
1 box Rice Chex
1 (9-oz.) bag stick pretzels
1 lg. can potato sticks
12-14 oz. nuts (or more)

Liquid Mixture:

1/2 c. bacon drippings
1 stick margarine
4 T. Worcestershire sauce
2 heaping tsp. garlic salt
2 tsp. Accent

Combine liquid mixture in skillet. I usually double the mixture of liquid that you pour over this recipe. Can make ahead and let it get seasoned very well, a week or so. Pour liquid mixture over cereal mixture. Bake at 200° for 2 hours. Stir 4-5 times during baking. Store in airtight container. Sometimes add Bugles to this for the corn flavor. If you do, add extra liquid.

QUARTERBACK CRUNCH

Jennifer Merry

1 (12-oz.) bag pretzels
1 (16-oz.) jar unsalted dry roasted nuts
1 c. butter
1/4 Cajun spice

In large roasting pan, combine pretzels and nuts. In a small saucepan over low heat, melt butter and stir in spice. Drizzle over pret-

(continued)

zels and nuts. Stir until coated. Bake at 300° for 1 hour, stirring every 15 minutes. Makes about 3 quarts.

FANCY RELISH

Dorothy Ryan

1 gal. green tomatoes, chopped
1 qt. sm. white onions, diced
1 qt. cucumbers, chopped
12 hot red peppers, chopped
1 qt. celery, chopped
1 head cabbage, chopped
12 sweet peppers, chopped

Put all ingredients in a large container and sprinkle with 1/2 cup salt over all. Heat and drain off salt water.

Mix together the following:

1 T. celery seed
4 T. white mustard seed
7 c. sugar
1 c. flour
4 T. dry mustard
1 T. turmeric
1 qt. vinegar

Boil until thick and pour over tomato mixture. Heat to boiling. Pour into sterilized 1/2-pint or pint jars and seal. Makes about 16-18 pints.

CALVARY KID'S PIZZA DOUGH

Terri Violet

1 pkg. fresh or dry yeast
1/4 c. warm water
1 tsp. salt
1 tsp. honey
2 tsp. olive oil
3/4 c. cool water
3 c. all-purpose flour
1/2 c. cornmeal

Dissolve yeast in 1/4 cup warm water and let proof 10 minutes. Meanwhile, combine salt, honey, olive oil and cool water in a small bowl or measuring cup. Mix well. Preheat oven to 500°. Place flour in a large bowl and make a well in the center. Pour honey-water mixture and proofed yeast into well. Slowly incorporate flour into wet ingredients, working outward from the center. When dough is formed, transfer to a lightly-floured surface and knead until smooth. Place in a buttered bowl and cover. Put bowl in a warm place until dough raises almost twice it's size. Lightly flour work surface. Divide raised dough in half. Roll out half at a time. Lift dough gently into a pizza pan sprinkled with cornmeal. Roll up edges to make a crust. Poke all pizza dough with a fork and brush with olive oil. Bake crust for 7 minutes or until light brown at 500°. After crusts are made and baked, top them with your favorite toppings. Makes 2 pizza crusts, medium in size.

PIZZA SAUCE

Dolly Vogel

- 1 bulb garlic
- 1 1/3 c. olive oil
- 1 (29-oz.) can heavy tomato puree
- 1 (28-oz.) can peeled Italian tomatoes, diced, or 2 lbs. fresh tomatoes, peeled and diced
- 1 1/2 T. dry whole basil
- 1 1/2 tsp. dry whole oregano
- 1/2 tsp. salt
- 1 tsp. hot red pepper, crushed (or to taste)

Separate and clean cloves of garlic, slicing crosswise and thin. Heat garlic in olive oil in large kettle until garlic is sizzling, but not yet brown. Pour tomatoes and tomato puree into kettle. Stir basil, oregano, salt and red pepper. Simmer 15 minutes, stirring often. Allow to cool. You can freeze the leftovers.

Recipe Favorites

INDEX OF RECIPES

APPETIZERS & BEVERAGES

BANANA PUNCH 4
BARBECUED LI'L SMOKIES 3
CHEESE BALL 2
CHEESE ROLL 2
CRISPY MUSTARD CHICKEN STRIPS 3
EVERGREEN PUNCH 5
FRENCH DIP 2
HAWAIIAN LUAU COOLER 5
PARTY PUNCH 4
QUICK CHICKEN PATE 4
RUBY RED PUNCH 5
RYE BREAD DIP 2
SNACK OYSTER CRACKERS 1
SPINACH DIP 3
STUFFED MUSHROOMS 1
TINY MEATBALLS 1
TUNA PATE 3
WALKING TACO DIP 2
WASSEL DRINK 4

SOUPS, SALADS & VEGETABLES

ALMOND CRUNCH CHICKEN SALAD 12
ANTIPASTO 10
AU GRATIN POTATOES 17
BROCCOLI SALAD 13
BROWN FRIED RICE 17
BUTTERMILK DRESSING 15
CARROT SALAD 12
CARROT SALAD 11
CHEESE GRITS 17
CHICKEN AND RICE SALAD 10
CHICKEN SALAD 8
CLASSIC FRENCH DRESSING 14
COLESLAW DRESSING 15
CORN CASSEROLE 16
CORN DISH 16
COUNTRY-STYLE FRENCH ONION SOUP 7
CREAM OF POTATO SOUP 7
CREAMY BROCCOLI SOUP 7
CRISPY EGGPLANT STICKS 17
FRENCH SALAD DRESSING 15
FROZEN CHERRY SALAD 9
HAWAIIAN BAKED BEANS 15
ITALIAN DRESSING 14
LAYERED OVERNIGHT SALAD 13
MACARONI SALAD 9
MICROWAVE BROCCOLI AND RICE CASSEROLE 18
NO-OIL DRESSING 14
OLD-FASHIONED VEGETABLE SOUP 8
PASTA COME BROCCOLI 18
PASTOR'S FAVORITE HASH BROWN BAKE 18
PINK SALAD 9
PISTACHIO FRUIT SALAD 13
RAISIN CARROT SALAD 9
SALAD 12
SOUR CREAM DRESSING FOR RAISIN CARROT SALAD 14
SQUASH CASSEROLE 18
SUMMER FRUIT SALAD 11
TACO SALAD 10
THREE-BEAN SALAD 12
TROPICAL SALAD WITH POPPY LIME DRESSING 15
TWICE-BAKED POTATOES 16
WILTED LETTUCE SALAD 11
WINTER FRUIT SALAD 11
YUM YUM SWEET POTATOES 16

MAIN DISHES & CASSEROLES

BENGHETTI 24
BREAKFAST CASSEROLE 24
CHEESY HAM CASSEROLE 25
CHICKEN DINNER CASSEROLE 21
EASY LASAGNA 25
HAM CASSEROLE 24
LASAGNA 23
PASTOR'S FAVORITE CHICKEN RICE 21
PEPPER MOSTACCIOLI 22
PIZZA BURGERS 23
ROMAN STEW 22
SPAGHETTI WITH MUSHROOMS 21
TATO-TACO CASSEROLE 25
TOSTADOS 23
VIOLET SPAGHETTI SAUCE 22
YUMMY AND SAUCY MEATBALLS 23

MEAT, POULTRY & SEAFOOD

CABBAGE ROLLS 27

CHICKEN A LA KING 33
CHICKEN BAKED WITH GRAVY 31
CHICKEN FRICASSEE 33
CHICKEN SLAW 33
CHICKEN, HAM AND MUSHROOM PIE 32
CHICKEN-FRIED PORK CHOPS 27
CHICKEN-FRIED ROUND STEAK 28
DRUMMETS 32
ELEPHANT STEW 27
FINGER LICKIN' CHICKEN 31
FRENCH-STYLE BEEF ROAST 30
INDIAN CURRY 31
MEAT LOAF 27
MEXICAN CHICKEN 32
OYSTER STEW 34
PAN-BROILED LIVER AND ONION GRAVY 28
PORCUPINE MEATBALLS 28
SALAMI 29
SALISBURY STEAKS 30
SHRIMP SCAMPI 33
SKEWERED BEEF 29
SMOKED SAUSAGE SUPPER 28
STEAK TERIYAKI 29
THE BEST BEEF STROGANOFF 29
ZESTY FRIED CHICKEN 31

BREADS & ROLLS

BACON-JACK CHEESE MUFFINS 36
BANANA NUT BREAD 37
BANANA NUT BREAD 35
BOB'S PANCAKE WAFFLES 38
BUNDY BANANA BREAD 37
CORNMEAL DRESSING 35
EVELYN SIMPSON'S BANANA BREAD 35
GLAZED LEMON BREAD 36
HAPPY APPLE FACES 38
LEMON BREAD 38
MEXICAN CORN MUFFINS 37
PUMPKIN BREAD 36
ZUCCHINI BREAD 38

PIES, PASTRY & DESSERTS

ANGEL CHIFFON PIE 40
BANANA PIE 39
BLUEBERRY DESSERT PIZZA 40
CHOCOLATE PIE 43
EVELYN SIMPSON'S ICE CREAM 44
FLAKY PIE CRUST 42
FRUITY FREEZER PIE 39
GRAPE ICE CREAM 44
HAPPINESS PIE 40
HERSHEY PIE 42
ICE CREAM MUFFINS 44
LEMON PIE 43
MILLION DOLLAR PIE 42
NEVER-FAIL PIE CRUST 42
OREO ICE CREAM DELIGHT 43
PRETZEL MOLD 44
RASPBERRY TRIFLE 41
SHIRLEY'S DELIGHT 41
SODA CRACKER PARTY PIE 39
SOLDIER BOY'S COBBLER 41
STRAWBERRY PIE 39
TWINKIE PIE 42
TWO-THIRDS PIE 43

CAKES, COOKIES & CANDY

$1400 CHOCOLATE CHIP COOKIES 54
BANANA SPLIT CAKE 50
BANANA SPLIT CAKE 51
BIG COOKIE 58
BIG SOFT GINGER COOKIES 55
BLACK WALNUT CAKE 46
BUTTER CAKE 47
CANDIED WALNUTS 60
CARAMEL-CHOCOLATE SQUARES 58
CHEESECAKE 49
CHERRY COFFEE CAKE 51
CHERRY DELIGHT 48
CHERRY DUMP CAKE 46
CHOCOLATE CHIP COOKIES OR BARS 56
CHOCOLATE CRACKLES 53
CHOCOLATE SURPRISE CUPCAKES 47
CHOCOLATE SWIRL CHEESECAKE 50
CINNAMON COOKIES 52
COCONUT-PECAN FROSTING 61
COON HUNTER'S CAKE 45
DAVE'S SNICKERS 57
DOUBLE CHOCOLATE COOKIES 54
DR. BIRD CAKE 45
EVELYN SIMPSON'S BROWNIES 51
FUDGE NOUGATS 60
FUDGE NUT BROWNIE COOKIES 57
HOMEMADE OREOS 53
HONEY SAND BALLS 58
ICE CREAM CONE CAKE 48
INDIANA CHEESECAKE 49

ITALIAN COCONUT CAKE 46
JO'S PECAN COOKIES 54
KOLANCHKY COOKIES 52
LITTLE CHEESECAKES 46
MAGIC COOKIE BARS 52
MAPLE GLAZED APPLE COOKIES 55
MARSHMALLOW CREME FUDGE 60
MISSISSIPPI MUD BARS 59
NITTY NITE COOKIES 54
OAT-PEANUT BUTTER GIANT COOKIES 56
OATMEAL COOKIES 53
OATMEAL RAISIN COOKIES 56
ORANGE CAKE 48
OREO COOKIE SURPRISE 52
PEANUT BUTTER BURST COOKIES 59
PEANUT BUTTER COOKIES 57
PEANUT BUTTER FUDGE 60
PINEAPPLE SHEET CAKE 47
ROLLED COOKIE DOUGH 51
STRAWBERRY CAKE SURPRISE 45
STRAWBERRY CREAM BAVARIAN 49
UNBELIEVABLE COOKIES 54

THIS & THAT

CALVARY KID'S PIZZA DOUGH 64
CHILDREN'S PLAY DOUGH 63
FANCY RELISH 64
GRANOLA 63
PIZZA SAUCE 65
QUARTERBACK CRUNCH 63
TRASH 63

5817-90

HOUSEHOLD HINTS

In a hurry - Place one cut-up fryer in an oblong baking pan. Combine 1 can cream of mushroom soup, 1 cup sour cream, and 3 tablespoons dry onion soup mix. Spread over chicken and bake at 350°, covered, for about 2 hours.

After stewing a chicken for diced meat for casseroles, etc., let cool in broth before cutting into chunks - it will have twice the flavor.

For a brown crust on roasted chicken - rub mayonnaise generously over the skin before cooking.

To slice meat into thin strips, as for stroganoff or Chinese dishes - partially freeze and it will slice easily.

A roast with the bone in will cook faster than a boneless roast - the bone carries the heat to the inside of the roast quicker.

Never cook a roast cold - let stand for at least an hour at room temperature. Brush with oil before and during roasting - the oil will seal in the juices.

For a juicier hamburger add cold water to the beef before grilling (1/2 cup to 1 pound of meat).

Save the juices from your spiced fruits and other canned fruits - use them to pour over ham slices while baking.

To freeze meatballs, place them on a cookie sheet until frozen. Place in plastic bags and they will stay separated so that you may remove as many as you want.

To keep cauliflower white while cooking - add a little milk to the water.

When boiling corn add sugar to the water instead of salt. Salt will toughen the corn.

To ripen tomatoes - put them in a brown paper bag in a dark pantry and they will ripen overnight.

Do not use soda to keep vegetables green. It destroys Vitamin C.

When cooking cabbage, place a small tin cup or can half full of vinegar on the stove near the cabbage, and it will absorb all odor from it.

Potatoes soaked in salt water for 20 minutes before baking will bake more rapidly.

Let raw potatoes stand in cold water for at least half an hour before frying to improve the crispness of French-fried potatoes.

Use greased muffin tins as molds when baking stuffed green peppers.

A few drops of lemon juice in the water will whiten boiled potatoes.

Buy mushrooms before they "open." When stems and caps are attached snugly, mushrooms are truly fresh.

To cook "below the ground" vegetables (such as potatoes, carrots, turnips), place in cold water and bring to a boil. Add "above the ground" vegetables (corn, peas, beans) to water already boiling.

Don't despair if you've oversalted the gravy. Stir in some instant mashed potatoes, and you'll repair the damage in a jiffy. Just add a little more liquid to offset the thickening.

Scissors are a great convenience for cutting celery, cucumbers, parsley, mint, lettuce, etc.; much quicker and better than using a knife.

To keep celery crisp - stand it up in a pitcher of cold, salted water and refrigerate.

Lettuce keeps better if you store in refrigerator without washing first so that the leaves are dry. Wash the day you are going to use.

Do not use metal bowls when mixing salads. Use wooden, glass or china.

EQUIVALENTS & SUBSTITUTIONS

EQUIVALENTS

3 teaspoons	1 tablespoon
4 tablespoons	1/4 cup
5 1/3 tablespoons	1/3 cup
8 tablespoons	1/2 cup
10 2/3 tablespoons	2/3 cup
12 tablespoons	3/4 cup
16 tablespoons	1 cup
1/2 cup	1 gill
2 cups	1 pint
4 cups	1 quart
4 quarts	1 gallon
8 quarts	1 peck
4 pecks	1 bushel
16 ounces	1 pound
32 ounces	1 quart
8 ounces liquid	1 cup
1 ounce liquid	2 tablespoons

(For liquid and dry measurements use standard measuring spoons and cups. All measurements are level.)

EMERGENCY SUBSTITUTIONS

1 c. sifted cake flour	1 c. minus 2 T. sifted all-purpose flour or 7/8 c.
1 c. self-rising flour	1 c. all-purpose flour, 1/2 tsp. salt, and 1 tsp. baking powder
1 T. cornstarch (for thickening)	2 T. flour or 2 tsp. quick-cooking tapioca
1 tsp. baking powder	1/4 tsp. baking soda plus 1/2 tsp. cream of tartar
1 tsp. baking powder	1/4 tsp. baking soda plus 1/2 c. buttermilk or sour milk (to replace 1/2 c. liquid in recipe)
1 c. powdered sugar	1 c. granulated sugar plus 1 tsp. cornstarch. Whirl in blender or processor until powdered.
1/2 c. brown sugar	2 T. molasses in 1/2 c. granulated sugar
1 1/3 c. firmly-packed brown sugar	1 c. granulated sugar
1 c. sour milk	1 T. lemon juice or vinegar plus sweet milk to make 1 c. (let stand 5 minutes)
1 c. whole milk	1/2 c. evaporated milk plus 1/2 c. water or 1 c. reconstituted non-fat dry milk plus 1 T. butter, or 1/3 c. dry milk plus 1 c. water
1 c. thin cream (18-20%)	7/8 c. milk plus 3 T. fat
1 c. heavy cream (36-40% fat)	3/4 c. milk plus 1/3 c. fat
3/4 c. cracker crumbs	1 c. bread crumbs
1 sq. (1 oz.) chocolate	3 or 4 T. cocoa plus 1 T. butter or margarine
1 T. fresh herbs	1 tsp. dried herbs
1 sm. fresh onion	1 T. instant minced onion, rehydrated
1 tsp. dry mustard	1 T. prepared mustard
1 c. tomato juice	1/2 c. tomato sauce plus 1/2 c. water
1 c. catsup or chili sauce	1 c. tomato sauce plus 1/2 c. sugar and 2 T. vinegar (for use in cooking)
1 lb. dates	1 1/2 c. dates, pitted and cut
3 med. bananas	1 c. mashed
10 miniature marshmallows	1 lg. marshmallow

In substituting cocoa for chocolate in cakes, the amount of flour must be reduced.

Brown and White Sugars: Usually may be used interchangeably, measure for measure. Brown sugar must be firmly packed.

EQUIVALENCY CHART

3 3/4 cups unsifted whole-wheat flour	1 pound
4 cups sifted all-purpose flour	1 pound
4 1/2 cups sifted cake flour	1 pound
5 6 cups rye flour	1 pound
1 pound flour	4 cups
5 1/2 ounces baking powder	1 cup
3 cups cornmeal	1 pound
3 cups cornstarch	1 pound
1 medium lemon	3 tablespoons juice
5-8 medium lemons	1 cup juice
1 medium apple, chopped	1 cup
1 medium orange	1/3 cup juice
3-4 medium oranges	1 cup juice
1 medium onion, chopped	1/2 cup
1 pound unshelled walnuts	1 1/2 to 1 3/4 cups shelled
2 cups sugar	1 pound
3 1/2 cups powdered sugar	1 pound
2 1/2 cups brown sugar	1 pound
7 ounces spaghetti	4 cups cooked
4 ounces uncooked noodles (1 1/2-2 cups)	2-3 cups cooked
4 ounces uncooked macaroni (1-1 1/4 cups)	2 1/4 cups cooked
6 cups cooked macaroni	8-ounce package
7 cups cooked noodles	8-ounce package
1 cup uncooked long-grain rice	3-4 cups cooked
28 saltine crackers	1 cup fine crumbs
1 stick or 1/4 lb. butter	1/2 cup
2 tablespoons fat	1 ounce
1/2 cup fat	1/4 pound or 1 stick
1 cup fat	1/2 pound
2 cups fat	1 pound
4 cups cocoa	1 pound
1 ounce bitter chocolate	1 square
2 2/3 cups coconut	1 1/2-pound carton
16 marshmallows	1/4 pound
14 square graham crackers	1 cup fine crumbs
22 vanilla wafers	1 cup fine crumbs
1 1/2 slices bread	1 cup soft crumbs
1 slice bread	1/4 cup fine dry crumbs
8-10 egg whites	1 cup
10-12 egg yolks	1 cup
1 egg	4 tablespoons liquid
4-5 whole eggs	1 cup
3 1/4-ounce package flavored gelatin	1/2 cup
1/4-ounce package unflavored gelatin	1 tablespoon
1 cup chopped nuts	1/4 pound
3 1/2 cups almonds	1 pound
3 cups walnuts (broken)	1 pound
3 1/4 cup seeded raisins	15-ounce package
3 cups seedless raisins	15-ounce package
1 pound raisins	3 1/2 cups
2 1/3 cups rice	1 pound
5 cups grated American cheese	1 pound
2 2/3 cups cubed American cheese	1 pound
6 2/3 tablespoons cream cheese	3-ounce package
4 coarsely-crumbled zwieback	1 cup
9 finely-crumbled zwieback	1 cup
Grated peel of lemon	1 tablespoon
Grated peel of orange	2 tablespoons
1 medium banana, mashed	1/3 cup
1 pound carrots	4 medium or 6 small; 3 cups shredded; 2 1/2 cups diced
5 cups ground coffee	1 pound
1 cup whipping cream	2 cups whipped
1 cup evaporated milk	3 cups whipped

BAKING PERFECT BREADS

PROPORTIONS

Biscuits	To 1 cup flour use 1 1/4 teaspoons Baking Powder
Muffins	To 1 cup flour use 1 1/2 teaspoons Baking Powder
Popovers	To 1 cup flour use 1 1/4 teaspoons Baking Powder
Waffles	To 1 cup flour use 1 1/4 teaspoons Baking Powder
Cake with fat	To 1 cup flour use 1 teaspoon Baking Powder

RULES FOR USE OF LEAVENING AGENTS

1. To 1 teaspoon soda use 2 1/4 teaspoons cream of tartar, or 2 cups freshly soured milk, or 1 cup molasses.
2. In simple flour mixtures, use 2 teaspoons baking powder to leaven 1 cup flour. Reduce this amount 1/2 teaspoon for each egg used.
3. To substitute soda and an acid for baking powder, divide the amount of baking powder by 4. Take that as your measure of and add the acid according to rule 1 above.

PROPORTIONS FOR BATTERS AND DOUGH

Pour Batter	To 1 cup liquid use 1 cup flour
Drop Batter	To 1 cup liquid use 2 to 2 1/2 cups flour
Soft Dough	To 1 cup liquid use 3 to 3 1/2 cups flour
Stiff Dough	To 1 cup liquid use 4 cups flour.

HINTS FOR BAKING BREADS

Kneading the dough for a half minute after mixing improves the texture of baking powder biscuits.

Use cooking or salad oil in waffles and hot cakes in the place of shortening. No extra pan or bowl to melt the shortening and no waiting.

When bread is baking, a small dish of water in the oven will help to keep the crust from getting hard.

Dip the spoon in hot water to measure shortening, butter, etc., the fat will slip out more easily.

Small amounts of leftover corn may be added to pancake batter for variety.

To make bread crumbs, use fine cutter of the food grinder and tie a large paper bag over the spout to prevent flying crumbs.

When you are doing any sort of baking, you get better results if you remember to preheat your cookie sheet, muffin tins, or cake pans.

OVEN TEMPERATURE CHART

Breads	Minutes	Temperature
Loaf	50-60	350°-400°
Rolls	20-30	400°-450°
Biscuits	12-15	400°-450°
Muffins	20-25	400°-450°
Popovers	30-40	425°-450°
Corn Bread	25-30	400°-425°
Nut Bread	50-75	350°
Gingerbread	40-50	350°-370°

BAKING PERFECT DESSERTS

FOR PERFECT COOKIES

Cookie dough that is to be rolled is much easier to handle after it has been in a cold place 10 to 30 minutes. This keeps the dough from sticking, even though it may be soft. If not done, the soft dough may require more flour and too much flour makes cookies hard and brittle. In rolling, take out on a floured board, only as much dough as can be managed easily. Flour the rolling pin slightly and roll lightly to desired thickness. Cut shapes close together and keep all trimmings for the last. Place pans or sheets in upper third of oven. Watch cookies carefully while baking to avoid burning edges. When sprinkling sugar on cookies, try putting it into a salt shaker. It saves time.

FOR PERFECT PIES AND CAKES

A pie crust will be more easily made and better if all the ingredients are cool.

The lower crust should be placed in the pan so that it covers the surface smoothly. Be sure no air lurks beneath the surface, for it will push the crust out of shape in baking.

Folding the top crust over the lower crust before crimping will keep the juices in the pie.

In making custard type pies, bake at a high temperature for about ten minutes to prevent a soggy crust. Then finish baking at a low temperature.

Fill cake pans about two-thirds full and spread batter well into corners and to the sides, leaving a slight hollow in the center.

The cake is done when is shrinks from the sides of the pan or if it springs back when touched lightly with the finger.

After a cake comes from the oven, it should be placed on a rack for about five minutes. Then the sides should be loosened and the cake turned out on a rack to finish cooling.

Cakes should not be frosted until thoroughly cool.

If you want to make a pecan pie and haven't any nuts, substitute crushed cornflakes. They will rise to the top the same as nuts and give a delicious flavor and crunchy surface.

To prevent crust from becoming soggy with cream pie, sprinkle crust with powdered sugar.

Cut drinking straws into short lengths and insert through slits in pie crusts to prevent juices from running over in the oven and permit steam to escape.

TEMPERATURE CHART

Food	Temperature	Time
Butter Cake, loaf	360°-400°	40-60 min.
Butter Cake, layer	380°-400°	20-40 min.
Cake, angel	300°-360°	50-60 min.
Cake, sponge	300°-350°	40-60 min.
Cake, fruit	275°-325°	3-4 hours
Cookies, thin	380°-390°	10-12 min.
Cookies, molasses	350°-375°	18-20 min.
Cream Puffs	300°-350°	45-60 min.
Meringues	250°-300°	40-60 min.
Pie Crust	400°-500°	20-40 min.

SEASONING GUIDE

Get acquainted with spices and herbs. Add in small amounts, 1/4 teaspoon for each 4 servings. Taste before adding more. Crush dried herbs or snip fresh herbs before using. If substituting fresh for dried, use 3 times more fresh herbs.

Appetizers, Soups	Breads, Pasta	Eggs, Cheese
CRANBERRY JUICE: Add cinnamon, allspice, and/or cloves. Serve hot or chilled. **FRUIT COCKTAIL:** Try adding mint or rosemary. **STUFFED CELERY:** Mix caraway seed with cream cheese; fill celery. Dash with paprika. **TOMATO COCKTAIL:** Add 1/4 teaspoon dried basil per cup. **CHICKEN SOUP:** Add a dash of rosemary, tarragon, or nutmeg. Sprinkle paprika atop for color. **CLAM CHOWDER:** Add a dash of caraway seed, sage or thyme. **CONSOMME:** Dash in basil, marjoram, savory or tarragon. **FISH CHOWDER:** Add bay leaves, curry powder or dill. **MUSHROOM SOUP:** Season with curry, oregano or marjoram. **ONION SOUP:** Add marjoram. **OYSTER STEW:** Lightly add cayenne, mace or marjoram. **POTATO SOUP:** Dash with mustard or basil. Top with snipped chives or parsley. **SPLIT-PEA SOUP:** Add dash basil, chili powder or rosemary. **TOMATO SOUP:** Dash in basil, dill, oregano, sage or tarragon. **VEGETABLE SOUP:** Try allspice, oregano, sage or thyme.	**BISCUITS:** Add caraway seed, thyme or savory to flour. Serve with meat. **BREAD:** Make each loaf a surprise by adding caraway seed, cardamom or poppy seed. **COFFEE CAKE:** Mix crushed aniseed in batter. For variety, sprinkle cinnamon-sugar mixture atop or add poppy seed filling. **CORN BREAD:** Add poultry seasoning or caraway seed to dry ingredients. Be adventuresome, add 1/2 teaspoon rosemary to batter. **CROUTONS:** Toss toast cubes in melted butter seasoned with basil, marjoram or onion salt. **DOUGHNUTS:** Add mace or nutmeg to dry ingredients. After frying, roll in cinnamon sugar. **DUMPLINGS:** Add thyme or parsley (fresh or flakes) to batter. **MUFFINS:** Blueberry - add dash of nutmeg to dry ingredients. Season plain muffins with caraway seed or cinnamon. **NOODLES:** Butter, then sprinkle with poppy seed. **ROLLS:** Add caraway seed. Or, sprinkle with sesame seed. **SPAGHETTI:** Toss with butter, Parmesan and snipped chives. **WAFFLES:** Add poultry seasoning to batter, serve with creamed chicken. Or add cardamom to honey; pour over waffles.	**BAKED EGGS:** Sprinkle dash of thyme or paprika over the top. **CREAMED EGGS:** Add mace. **DEVILED EGGS:** Add celery seed, cumin, mustard, savory, chili powder or curry powder. **OMELET:** Try with dash of marjoram or rosemary (go easy!). **SCRAMBLED EGGS:** Sprinkle lightly with basil, thyme, rosemary or marjoram. Add seasoning near the end of cooking. **SOUFFLE:** Add 1/4 teaspoon marjoram to 4-egg souffle. To cheese souffle, add basil or savory. **CHEESE CASSEROLES:** Spark with dash sage or marjoram. **CHEESE FONDUE:** Try adding a dash of basil or nutmeg. **CHEESE RABBIT (rarebit):** Try with mace or mustard. **CHEESE SAUCE:** Add mustard or a dash of marjoram or thyme. **CHEESE SPREAD:** Blend sage, caraway seed, thyme or celery seed into melted process cheese. **COTTAGE CHEESE:** Blend in chives or a dash of sage, caraway seed, dill, anise, or cumin. Prepare several hours ahead of time. **CREAM CHEESE:** Blend in curry powder, marjoram, caraway seed, or dill. Sprinkle paprika or cayenne atop. Use as celery filling or appetizer spread.

CHEESE GUIDE

Cheese	How it looks and tastes	How to serve
American, Cheddar	Favorite all-around cheeses. Flavor varies from mild to sharp. Color ranges from natural to yellow-orange: texture firm to crumbly.	In sandwiches, casseroles, souffles, and creamy sauces. With fruit pie or crisp crackers, on a snack or dessert tray with fruit.
Blue, Gorgonzola, Roquefort	Compact, creamy cheeses with blue or blue-green mold. Sometimes crumbly. Mild to sharp flavor. (Stilton is similar, but like a blue-veined Cheddar).	Crumble in salads, salad dressings, dips. Delicious with fresh pears or apples for dessert. Blend with butter for steak topper. Spread on crackers or on crusty French or Italian bread.
Brick	Medium firm; creamy yellow color, tiny holes. Flavor very mild to medium sharp.	Good for appetizers, sandwiches, or desserts. Great with fresh peaches, cherries, or melons.
Brie (bree)	Similar to Camembert, but slightly firmer. Distinctive sharp flavor, pronounced odor.	Serve as dessert with fresh fruit. Be sure to eat the thin brown and white crust.
Camembert	Creamy yellow with thin gray-white crust. When ripe, it softens to the consistency of thick cream. Full, rich, mildly pungent.	Classic dessert cheese - serve at room temperature with fresh peaches, pears, or apples, or with toasted walnuts and crackers.
Cottage	Soft, mild, unripened cheese; large or small curd. May have cream added.	Used in salads, dips, main dishes. Popular with fresh and canned fruit.
Cream	Very mild-flavored soft cheese with buttery texture. Rich and smooth. Available whipped and in flavored spreads.	Adds richness and body to molded and frozen salads, cheesecake, dips, frostings, sandwich spreads. Serve whipped with dessert.
Edam, Gouda	Round, red-coated cheeses; creamy yellow to yellow-orange inside, firm and smooth. Mild nutlike flavor.	Bright hub for dessert or snack tray. Good in sandwiches or crunchy salads, or with crackers. Great with grapes and oranges.
Liederkranz, Limburger	Robust flavor and highly aromatic. Soft and smooth when ripe. Liederkranz is milder in flavor and golden yellow in color. Limburger is cream white.	Spread on pumpernickel, rye, or crackers. Team with apples, pears, and Tokay grapes. Serve as snack with salty pretzels and coffee.
Swiss	Firm, pale yellow cheese, with large round holes. Sweet nutlike flavor.	First choice for ham-cheese sandwiches, fondue. Good in salads, sauces, as a snack.
Process cheeses	A blend of fresh and aged natural cheeses, pasteurized and packaged. Smooth and and creamy, melts easily. May be flavored.	Ideal for cheese sauces, souffles, grilled sandwiches, in casseroles. Handy for the snack tray, too!
Mozzarella, Scamorze	Unripened. Mild-flavored and slightly firm. Creamy white to pale yellow.	Cooking cheese. A "must" for pizza, lasagne; good in toasted sandwiches, hot snacks.
Muenster (mun'stir)	Between Brick and Limburger. Mild to mellow flavor, creamy white. Medium hard, tiny holes.	Use in sandwiches or on snack or dessert tray. Good with fresh sweet cherries and melon wedges.

TERMS AND DEFINITIONS

Au gratin: Topped with crumbs and/or grated cheese and browned in the oven or under the broiler.

Au jus: Served in its own juices (particularly when speaking of roast beef).

Baste: To pour or spoon pan drippings, marinade, or cooking juices over meats while cooking to prevent drying out and to add flavor.

Bisque: A thick cream soup.

Blanch: To immerse in rapidly boiling water and allow to cook slightly; to parboil.

Boil: To heat a liquid until large bubbles break on the surface. The boiling temperature of water at sea level is 212° F (100°C). A **rolling boil** is simply a vigorous boil. The **boiling point** is reached when a liquid is heated just until it begins to form bubbles.

Bone: To remove the bones from meat, poultry, or fish, to "debone."

Braise: To brown meat, lightly coated in flour, over high heat in a small amount of fat, or under broiler, and then to simmer it in seasoned liquids in a covered pot.

Bread: To cover with fine dry bread crumbs before cooking.

Cream: To soften a fat, especially butter, by beating it at room temperature. Butter and flour or butter and sugar are often creamed together, to make a smooth, soft paste.

Crimp: To seal the edges of a two-crust pie either by pinching them at intervals with the fingers or by pressing them together with the tines of a fork.

Crudites: An assortment of raw vegetables (sliced carrots, celery, mushrooms, broccoli flowerets, cauliflower flowerets, and so on) served as an hors d'oeuvre often accompanied by a dip.

Cube: To cut into cubes ½ inch on a side or larger. See also **dice** and **mince.**

Curdle: To clot or coagulate (particularly when speaking of milk, cream, and such sauces as cream sauces and hollandaise).

Cut in: To combine solid fats and dry ingredients, especially shortening and flour, by chopping with two knives or with a pastry blender.

Degrease: To remove fat from the surface of stews, soups, or stock. Usually, the latter is allowed to cool in the refrigerator, so that fat hardens and is easily removed.

Dice: To cut into cubes less than ½ inch in size. See also **cube** and **mince.**

Dredge: To coat lightly with flour, cornmeal, etc.

Drippings: Juices and browned particles that collect in the bottom of the pan in which meat or poultry has been roasted; used to enrich and flavor sauces and gravies.

Entree: The main course.

Fillet: To debone meat or fish. A **fillet** is the resulting tenderloin of beef or piece of fish without bones.

Fines herbes: A mixture of finely minced herb, usually parsley, tarragon, chervil, and chives. Used to flavor omelets, mayonnaise, and salad dressings.

Flake: To separate into small pieces in the direction of the grain; used particularly when speaking of fish.

Fold: To incorporate a delicate substance, such as whipped cream or beaten egg whites, into another substance without releasing air bubbles. A spatula is used to gently bring part of the mixture from the bottom of the bowl to the top; the process is repeated, while slowly rotating the bowl, until the ingredients are thoroughly blended.

Fricassee: Braised meat or poultry. To cooking liquid is usually a white sauce.

Fry: Pan-fry. To cook food in hot oil or fat, usually over direct heat. The food is not stirred, but is simply cooked on one or both sides. **Deep-fat fry.** To cook food by immersing it completely in heated fat. **Stir-fry.** A Chinese method of preparing meat or vegetables by cooking very rapidly in a frying pan or wok over high heat, stirring constantly. See also **saute.**

Glaze: To cover with a glossy coating, either a concentrated stock for meats or a melted and somewhat diluted jelly for fruit desserts.

Julienne: To cut meats, vegetables, fruits, or cheeses into match-shaped slivers. See also **sliver.**

Maccrate: To soak peeled fruits in a mixture of lemon juice, sugar syrup, and wine or a liqueur. (The mixture should be placed in the refrigerator and allowed to steep for at least 2 hours.)

Marinade: Usually a strong flavored liquid, cooked or uncooked, used to make meats tastier and more tender; typically made of wine, olive oil, or a combination of the two, and seasoned with carrots, onion, bay leaf, and other herbs and spices. Other popular marinades are based on soy sauce or lemon juice. A **dry marinade** is a combination of herbs and spices rubbed into meat, which is then allowed to stand before cooking. To **marinate** is to let food stand in marinade, either at room temperature or (for a longer time) in the refrigerator, before cooking. Most recipes specify the length of time to marinate; recipes can vary from 1/2 hour to overnight to a couple of days.

Meuniere: Dredged with flour and sauteed in butter.

Mince: To chop into very small pieces. See also **cube** and **dice.**

Parboil: To boil until partially cooked; to **blanch.** Usually, this procedure is followed by final cooking in a seasoned sauce.

Pare: To remove the outermost skin of a fruit or vegetable.

Plump: To soak dried fruit, most often raisins, in warm water before cooking or adding to batter.

Poach: To cook very gently in hot liquid kept just below the boiling point.

Puree: To mash foods until perfectly smooth by hand, by rubbing through a sieve or food mill, or by whirling in a blender or food processor.

Reduce: To boil down a liquid until the quantity has decreased to about half of its original volume; its flavor becomes more concentrated.

Refresh: To run cold water over food that has been parboiled, to stop the cooking process quickly.

Render: To obtain fat from small pieces of meat by heating until it melts. Sometimes called **trying out.**

Roux: Pronounced **Roo.** A mixture of flour and butter used as the base for a sauce. **White roux** is cooked briefly without browning (to make sure that the sauce will not have a raw-flour flavor); for a **brown roux,** the flour-butter mixture is allowed to brown evenly before the liquid is added.

Saute: To cook and/or brown food in a small quantity of very hot fat, stirring or turning frequently. See also **fry.**

Scald: To heat to just below the boiling point, when tiny bubbles appear at the edge of the saucepan.

Score: To cut shallow slits or lines into meat or fish, usually in a diamond pattern. As well as being decorative, scoring allows seasonings to penetrate more easily. Score the fat edge of steaks to be broiled, to keep them from curling.

Sear: To brown and seal the surface of meat quickly, in a very hot oven or in a frying pan, over high heat.

Simmer: To cook in liquid just below the boiling point. The surface of the liquid should be barely moving, broken from time to time by slowly rising bubbles.

Sliver: To cut into long thin pieces. See also **julienne.**

Steep: To let food stand in (hot) liquid to extract or to enhance flavor, like tea in hot water or poached fruits in sugar syrup.

Supreme: The breast of a fowl (usually boned).

Toss: To combine ingredients gently with a lifting motion.

Truss: To fasten the wings and legs of poultry, with skewers or string, before cooking.

VEGETABLE TIME TABLE

Asparagus Tips:	Boiled	10-15 minutes
Artichokes, French:	Boiled	40 minutes
	Steamed	45-60 minutes
Bean, Lima, depending on age:	Boiled	20-40 minutes
	Steamed	60 minutes
Bean, String:	Boiled	15-35 minutes
	Steamed	60 minutes
Beets, young with skins on:	Boiled	30 minutes
	Steamed	60 minutes
	Baked	70-90 minutes
Beets, old:	Boiled or Steamed	1-2 hours
Broccoli, flowerets:	Boiled	5-10 minutes
Broccoli, stems:	Boiled	20-30 minutes
Brussel Sprouts:	Boiled	20-30 minutes
Cabbage, chopped, cut sectional:	Boiled	10-20 minutes
	Steamed	25 minutes
Cauliflower, stem down, whole:	Boiled	20-30 minutes
Cauliflower, flowerets:	Boiled	8-10 minutes
Carrots, cut across:	Boiled	20-30 minutes
	Steamed	40 minutes
Celery, cut in lengths ½ inch:	Boiled	20-30 minutes
	Steamed	45 minutes
Corn, green, tender:	Boiled	5-10 minutes
	Steamed	15 minutes
	Baked	20 minutes
Corn on the Cob:	Boiled	8-10 minutes
	Steamed	15 minutes
Eggplant, whole:	Boiled	30 minutes
	Steamed	40 minutes
	Baked	45 minutes
Onions:	Boiled	25-40 minutes
	Steamed or Baked	60 minutes
Parsnips:	Boiled	25-40 minutes
	Steamed	60 minutes
	Baked	60-75 minutes
Peas, green:	Boiled or Steamed	5-15 minutes
Peppers:	Boiled	20-30 minutes
	Steamed or Baked	30 minutes
Potatoes, depending on size:	Boiled	20-40 minutes
	Steamed	60 minutes
	Baked	45-60 minutes
Potatoes, sweet:	Boiled or Steamed	40 minutes
	Baked	45-60 minutes
Scalloped potatoes:	Baked	60-90 minutes
Pumpkin in cubes:	Boiled	30 minutes
	Steamed	45 minutes
	Baked	60 minutes
Spinach:	Boiled	8-10 minutes
	Steamed	20 minutes
Squash in cubes:	Boiled	20-40 minutes
	Steamed	50 minutes
	Baked	60 minutes
Tomatoes, depending on size:	Boiled	5-15 minutes
	Steamed	50 minutes
	Baked	15-20 minutes
Turnips, depending on size:	Boiled	25-40 minutes

BUYING GUIDE
Fresh Vegetables and Fruits

Experience is the best teacher in choosing quality but here are a few pointers on buying some of the fruits and vegetables.

Asparagus: Stalks should be tender and firm, tips should be close and compact. Choose the stalks with very little white - they are more tender. Use asparagus soon - it toughens rapidly.

Beans, Snap: Those with small seeds inside the pods are best. Avoid beans with dry-looking pods.

Berries: Select plump, solid berries with good color. Avoid stained containers, indicating wet or leaky berries. Berries such as blackberries and raspberries with clinging caps may be underripe. Strawberries without caps may be too ripe.

Broccoli, Brussel Sprouts, and Cauliflower: Flower clusters on broccoli and cauliflower should be tight and close together. Brussels sprouts should be firm and compact. Smudgy, dirty spots may indicate insects.

Cabbage and Head Lettuce: Choose heads heavy for size. Avoid cabbage with worm holes, lettuce with discoloration or soft rot.

Cucumbers: Choose long, slender cucumbers for best quality. May be dark or medium green but yellowed ones are undesirable.

Melons: In cantaloupes, thick close netting on the rind indicates best quality. Cantaloupes are ripe when the stem scar is smooth and space between the netting is yellow or yellow-green. They are best when fully ripe with fruity odor.

Honeydews are ripe when rind has creamy to yellowish color and velvety texture. Immature honeydews are whitish-green.

Ripe watermelons have some yellow color on one side. If melons are white or pale green on one side, they are not ripe.

Oranges, Grapefruit, and Lemons: Choose those heavy for their size. Smoother, thinner skins usually indicate more juice. Most skin markings do not affect quality. Orange with a slight greenish tinge may be just as ripe as fully colored ones. Light or greenish-yellow lemons are more tart than deep yellow ones. Avoid citrus fruits showing withered, sunken, or soft areas.

Peas and Lima Beans: Select pods that are well-filled but not bulging. Avoid dried, spotted, yellowed, or flabby pods.

TABLE FOR DRIED FRUITS

Fruit	Cooking Time	Amount of Sugar or Honey
Apricots	About 40 minutes	1/4 c. for each c. fruit
Figs	About 30 minutes	1 T. for each c. fruit
Peaches	About 45 minutes	1/4 c. for each c. fruit
Prunes	About 45 minutes	2 T. for each c. fruit

TEMPERATURES IN CANDY MAKING

BOILED FROSTINGS

1 egg white to 1 c. sugar ..... .238-242 degrees, soft ball or thread
2 egg whites to 1 c. sugar ..... .244-248 degrees, soft ball or thread
3 egg whites to 1 c. sugar ..... .254-260 degrees, firm ball or long thread

CANDY THERMOMETER HINTS

To check candy thermometer accuracy, let stand 10 minutes in boiling water. Thermometer should read 212 degrees; if there is any variation, subtract or add to make the same degree of allowance in testing candy.

Thread	230-234 degrees
Soft ball	234-238 degrees
Medium ball	238-244 degrees
Firm ball	244-248 degrees
Hard ball	248-254 degrees
Very hard ball	254-265 degrees
Light crack	265-285 degrees
Hard crack	290-300 degrees
Caramelized sugar	310-338 degrees

Fudge, opera creams, penuche and cream candies	234-236 degrees, soft ball
Fondants (mints, etc.)	238-240 degrees, soft ball
Marshmallows	238-240 degrees, medium ball
Caramel mixtures	246-252 degrees, firm ball
Taffies	265-270 degrees, hard ball
Butterscotch	290-300 degrees, crack
Brittles	300-310 degrees, hard crack

In using the cold water test, use a fresh cupful of cold water for each test. When testing, remove the candy from the fire and pour about 1/2 teaspoon of candy into the cold water. Pick the candy up in the fingers and roll into a ball if possible.

In the **SOFT BALL TEST** the candy will roll into a soft ball which quickly loses its shape when removed from the water.

In the **FIRM BALL TEST** the candy will roll into a firm but not hard ball. It will flatten out a few minutes after being removed from water.

In the **HARD BALL TEST** the candy will roll into a hard ball which has lost almost all plasticity and will roll around on a plate on removal from the water.

In the **LIGHT CRACK TEST** the candy will form brittle threads which will soften on removal from the water.

In the **HARD CRACK TEST** the candy will form brittle threads in the water which will remain brittle after being removed from the water.

In **CARAMELIZING,** the sugar first melts then becomes a golden brown. It will form a hard brittle ball in cold water.

MICROWAVE HINTS

1. Place on open box of hardened brown sugar in the microwave oven with 1 cup hot water. Microwave at high for 1½ to 2 minutes for ½ pound or 2 to 3 minutes for 1 pound.
2. Soften hard ice cream by microwaving at 30% power. One pint will take 15 to 30 seconds; one quart, 30-45 seconds; and one-half gallon 45 seconds to one minute.
3. One stick of butter or margarine will soften in 1 minute when microwaved at 20% power.
4. Soften one 8-ounce package of cream cheese by microwaving at 30% power for 2 to 2½ minutes. One 3-ounce package of cream cheese will soften in 1½ to 2 minutes.
5. Thaw frozen orange juice right in the container. Remove the top metal lid. Place the opened container in the microwave and heat on high power 30 seconds for 6 ounces and 45 seconds for 12 ounces.
6. Thaw whipped topping...a 4½ ounce carton will thaw in 1 minute on the defrost setting. Whipped topping should be slightly firm in the center but it will blend well when stirred. Do not overthaw!
7. Soften Jello that has set up too hard—perhaps you were to chill it until slightly thickened and forgot it. Heat on a low power setting for a very short time.
8. Heat hot packs in a microwave oven. A wet finger tip towel will take about 25 seconds. It depends on the temperature of the water used to wet the towel.
9. To scald milk, cook 1 cup milk for 2 to 2½ minutes, stirring once each minute.
10. To make dry bread crumbs, cut 6 slices bread into ½-inch cubes. Microwave in 3-quart casserole 6-7 minutes, or until dry, stirring after 3 minutes. Crush in blender.
11. Refresh stale potato chips, crackers or other snacks of such type by putting a plateful in the microwave oven for about 30-45 seconds. Let stand for 1 minute to crisp. Cereals can also be crisped.
12. Nuts will be easier to shell if you place 2 cups of nuts in a 1-quart casserole with 1 cup of water. Cook for 4 to 5 minutes and the nutmeats will slip out whole after cracking the shell.
13. For stamp collectors: place a few drops of water on stamp to be removed from envelope. Heat in the microwave for 20 seconds and the stamp will come right off.
14. Using a round dish instead of a square one eliminates overcooked corners in baking cakes.
15. When preparing chicken in a dish, place meaty pieces around the edges and the boney pieces in the center of the dish.
16. Shaping meatloaf into a ring eliminates undercooked center. A glass set in the center of a dish can serve as the mold.
17. Treat fresh meat cuts for 15 to 20 seconds on high in the microwave oven. This cuts down meat-spoiling types of bacteria.
18. A crusty coating of chopped walnuts surrounding many microwave-cooked cakes and quick breads enhances the looks and eating quality. Sprinkle a layer of medium, finely-chopped walnuts evenly onto the bottom and sides of a ring pan or bundt cake pan. Pour in batter and microwave as recipe directs.
19. Do not salt foods on the surface as it causes dehydration (meats and vegetables) and toughens the food. Salt the meat after you remove it from the oven unless the recipe calls for using salt in the mixture.
20. Heat left-over custard and use it as frosting for a cake.
21. Melt marshmallow creme in the microwave oven. Half of a 7-ounce jar will melt in 35-40 seconds on high. Stir to blend.
22. Toast coconut in the microwave. Watch closely as it browns quickly once it begins to brown. Spread ½ cup coconut in a pie plate and cook for 3-4 minutes, stirring every 30 seconds after 2 minutes.

TABLE OF CALORIES

BEVERAGES

Apple juice, 6 oz.	90
Beer, 8 oz.	100-115
Cola type, 12 oz.	115
Cranberry juice, 6 oz.	115
Gin, whiskey, 1 1/2 oz.	
vodka (86 proof)	105
(80 proof)	95
Ginger ale, 12 oz.	115
Grape juice (prepared from frozen concentrate), 6 oz.	142
Lemonade (prepared from frozen concentrate), 6 oz.	85
Milk	
protein fortified, 1 c.	105
skim, 1 c.	90
whole, 1 c.	160
Orange juice, 6 oz.	85
Pineapple juice (unsweetened), 6 oz.	95
Root beer, 12 oz.	150
Sherry (dry), 3 oz.	110
Tonic (quinine water), 12 oz.	132
Wine (table), 3 1/2 oz.	85

BREAD

Muffins	
blueberry, 1 muffin	110
corn, 1 muffin	125
English, 1 muffin	280
Pumpernickel, 1 slice	75
Rye, 1 slice	60
White, 1 slice	60-70
Whole wheat, 1 slice	55-65

BUTTER OR MARGARINE, 1 T. 100

CEREALS

Cornflakes (plain), 1 c.	96
Granola (plain), 1/2 c.	240
Oatmeal (cooked), 1/2 c.	75
Shredded wheat, 1 c.	146

CHEESE

American, 1 oz.	105
Camembert, 1 oz.	85
Cheddar, 1 oz.	115
Cottage (creamed), 1 oz.	30
Cottage (uncreamed), 1 oz.	21
Farmer's, 1 oz.	100
Mozzarella (whole-milk), 1 oz.	90
Parmesan, 1 oz.	130
Ricotta, 1 oz.	50
Roquefort or blue, 1 oz.	105
Swiss, 1 oz.	105

CHOCOLATE

Milk chocolate, 1 oz.	145-155
Hot, with milk, 1 c.	277

CRACKERS

Graham, 1 cracker	15-30
Rye Crisp, 1 cracker	35
Saltine, 1 cracker	17-20
Wheat Thins, 1 cracker	9

CREAM

Light, 1 T.	30
Heavy, 1 T.	55
Sour, 1 T.	45

EGGS

Fried, 1 large	100
Poached or boiled, 1 large	75-80
Scrambled or in omelet, 1 large	110-130

FISH AND SEAFOOD

Bluefish baked with fat, 3 oz.	135
Clams (medium), raw, 6 clams	96
Crabmeat, cooked, 3 oz.	80
Salmon, broiled or baked, 3 oz.	155
Sardines canned in oil, 3 oz.	170
Scallops, steamed, 3 oz.	96
Shrimp, cooked, 3 oz.	100
Tuna fish, canned in oil (drained), 3 oz.	170
Tuna fish, canned in water (drained), 3 oz.	110

Table of Calories Cont'd.

FRUITS

Apple, 1 medium	80-100
Applesauce, sweetened, 1/2 c.	90-115
Applesauce, unsweetened, 1/2 c.	50
Banana, 1 medium	90
Cantaloupe melon, 1/2 c.	24
Cherries (pitted), raw, 1/2 c.	40
Grapefruit, 1/2 medium	60-70
Grapes (American type: Concord, Delaware, Niagara, Catawba, Scuppernong), 1/2 c.	35
Grapes (European type: Malaga, Muscat, Thompson seedless, Flame, Tokay), 1/2 c.	55
Honeydew melon, 1/2 c.	55
Mangoes, 1 medium	90
Oranges, 1 medium	65-75
Peaches, 1 medium	40
Pears, 1 medium	60-100
Pineapple, fresh, uncooked, 1/2 c.	40
Pineapple canned in syrup, 1/2 c.	95
Plums, 1 medium	30
Strawberries, fresh, 1/2 c.	30
Strawberries, frozen and sweetened, 1/2 c.	120-140
Tangerines, 1 large	39
Watermelon, 1/2 c.	42

LUNCHEON MEATS (PACKAGED)

Bologna, 1 slice (1 oz.)	75-95
Corned beef, 1 slice (1 oz.)	55-75
Frankfurter, 2 oz.	120-190
Liverwurst, 1 oz.	90
Pastrami, 1 slice (1 oz.)	40
Pepperoni, 1 slice (1 oz.)	140
Salami, 1 slice (1 oz.)	85-125

MEATS AND POULTRY

Beef, ground (lean), 3 oz.	185
Beef, ground (regular), 3 oz.	243
Beef, roast, 3 oz. (depending on fat content)	200-375
Chicken, broiled, 3 oz.	115
Lamb chop (lean), 3 oz.	200-300
Pork chop (lean), 3 oz.	225-325
Sirloin steak, 3 oz.	300-330
Sirloin steak (lean only), 3 oz.	175
Turkey, dark meat, 3 oz.	175
Turkey, white meat, 3 oz.	150
Veal cutlet, 3 oz.	185
Veal, roast, 3 oz.	230

NUTS

Almonds, 2 T.	105
Cashews, 2 T.	100
Peanuts, 2 T.	105
Peanut butter, 1 T.	95
Pecans, 2 T.	95
Pistachios, 2 T.	92
Walnuts, 2 T.	80

PASTA

Macaroni or spaghetti, 3/4 c. cooked	115

SALAD DRESSINGS

Blue cheese, 1 T.	70
French, 1 T.	65
Italian, 1 T.	80
Mayonnaise, 1 T.	100
Olive oil, 1 T.	124
Russian, 1 T.	70
Salad oil, 1 T.	120

SOUPS

Bean, 1 c.	130-180
Bouillon and consomme, 1 c.	30
Chicken noodle, 1 c.	60-80
Chicken with rice, 1 c.	50
Manhattan clam chowder, 1 c.	80
Minestrone, 1 c.	80-150
New England clam chowder, 1 c.	135
Split pea, 1 c.	145-170
Tomato with milk, 1 c.	170
Vegetable, 1 c.	80-100

VEGETABLES

Broccoli, cooked, 1/2 c.	25
Cabbage, cooked, 1/2 c.	15-20
Carrots, cooked, 1/2 c.	25-30
Cauliflower, 1/2 c.	10-15
Corn (kernels), 1/2 c.	70
Lettuce, shredded, 1/2 c.	5
Mushrooms, canned, 1/2 c.	20
Onions, cooked, 1/2 c.	30
Peas, green, cooked, 1/2 c.	60
Potato	
baked, 1 medium	90
chips, 8-10	100
mashed, with milk and butter, 1 c.	200-230
Tomato	
raw, 1 medium	25
cooked, 1/2 c.	30

YOGURT

Made with whole milk, 1 c.	150-165
Made with partially skimmed milk, 1 c.	125

FOOD QUANTITIES FOR SERVING 25, 50, AND 100 PEOPLE

FOOD	25 SERVINGS	50 SERVINGS	100 SERVINGS
Sandwiches:			
Bread	50 slices or 3 1-lb. loaves	100 slices or 6 1-lb. loaves	200 slices or 12 1-lb. loaves
Butter	1/2 pound	3/4 to 1 pound	1 1/2 pounds
Mayonnaise	1 cup	2 to 3 cups	4 to 6 cups
Mixed Filling (meat, eggs, fish)	1 1/2 quarts	2 1/2 to 3 quarts	5 to 6 quarts
Mixed Filling (sweet-fruit)	1 quart	1 3/4 to 2 quarts	2 1/2 to 4 quarts
Lettuce	1 1/2 heads	2 1/2 to 3 heads	5 to 6 heads
Meat, Poultry, or Fish:			
Wieners (beef)	6 1/2 pounds	13 pounds	25 pounds
Hamburger	9 pounds	18 pounds	35 pounds
Turkey or chicken	13 pounds	25 to 35 pounds	50 to 75 pounds
Fish, large whole (round)	13 pounds	25 pounds	50 pounds
Fish fillets or steaks	7 1/2 pounds	15 pounds	30 pounds
Salads, Casseroles:			
Potato Salad	4 1/4 quarts	2 1/4 gallons	4 1/2 gallons
Scalloped Potatoes	4 1/2 quarts or 1 12 x 20" pan	8 1/2 quarts	17 quarts
Spaghetti	1 1/4 gallons	2 1/2 gallons	5 gallons
Baked Beans	3/4 gallon	1 1/4 gallons	2 1/2 gallons
Jello Salad	3/4 gallon	1 1/4 gallons	2 1/2 gallons
Ice Cream:			
Brick	3 1/4 quarts	6 1/2 quarts	12 1/2 quarts
Bulk	2 1/4 quarts	4 1/2 quarts or 1 1/4 gallons	9 quarts or 2 1/2 gallons
Beverages:			
Coffee	1/2 pound and 1 1/2 gal. water	1 pound and 3 gal. water	2 pounds and 6 gal. water
Tea	1/12 pound and 1 1/2 gal. water	1/6 pound and 3 gal. water	1/3 pound and 6 gal. water
Lemonade	10 to 15 lemons, 1 1/2 gal. water	20 to 30 lemons, 3 gal. water	40 to 60 lemons, 6 gal. water
Desserts:			
Watermelon	37 1/2 pounds	75 pounds	150 pounds
Cake	1 10 x 12" sheet cake 1 1/2 10" layer cakes	1 12 x 20" sheet cake 3 10" layer cakes	2 12 x 20" sheet cakes 6 10" layer cakes
Whipping Cream	3/4 pint	1 1/2 to 2 pints	3 pints

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